

Resource Counselling Newsletter



To all of our clients,
we wish you a very
Happy, healthy and prosperous New Year!
N2N staff and volunteers.

Chrysalis Centre for Life Changes presents **Advanced Solution to Healthy End to Smoking (ASHES)**

The next groups starts on Tuesday, January 20th, 2009.

In this 8 week workshop the following will be discussed:

- the harmful effects of smoking
- the reasons you smoke
- triggers
- cravings
- difficult situations
- social gatherings
- your habits and how to break them
- stress
- various methods used to quit
- strategies for changing behaviours
- avoiding weight gain
- temporary relapses
- creating a smoke-free environment

Call 905-297-0275



Please take note that our Job Finding Club (JFC) staff will be available to our clients in the food bank waiting area (info table will be set up) on the following days during the month of January:

- Monday, January 5th, 2009, 10am-noon
- Wednesday, January 7th, 2009, 1.30-3
- Tuesday, January 13th, 2009, 1.30-3
- Wednesday, January 14th, 2009, 1.30-3
- Monday, January 19th, 2009, 10-noon
- Thursday, January 22nd, 2009, 10-noon
- Tuesday, January 27th, 2009, 10-noon
- Thursday, January 29th, 2009, 1.30-3

For more information, please talk to a Resource Counsellor

Interval House Groups Winter 2009.

-The Hero's Journey, Changing your life after violence.

Take a journey to your self in this ten week action packed program for **Girls 8-12 years**, Tuesday evening starting February 3, 2009.

-The Hero's Journey, Changing your life after violence,

Take a journey to your self in this ten week action packed program for **Boys 8-12 years**, Tuesday evening starting February 3, 2009.

-Women's Wellness Group, Join us in exploring different ways abuse can affect your self-esteem, strengths and ability to be yourself in this 10 week uplifting and supportive women's group.

Wednesday Evenings beginning, February 4, 2009, 6-8pm.

-My journey to self, Take an introspective journey into self and discover who you are and who you want to be in this 10 week activity-based group.

Wednesday mornings, beginning January 14, 2009.

**Contact Interval House of Hamilton at
905-387-9959 ext 231**



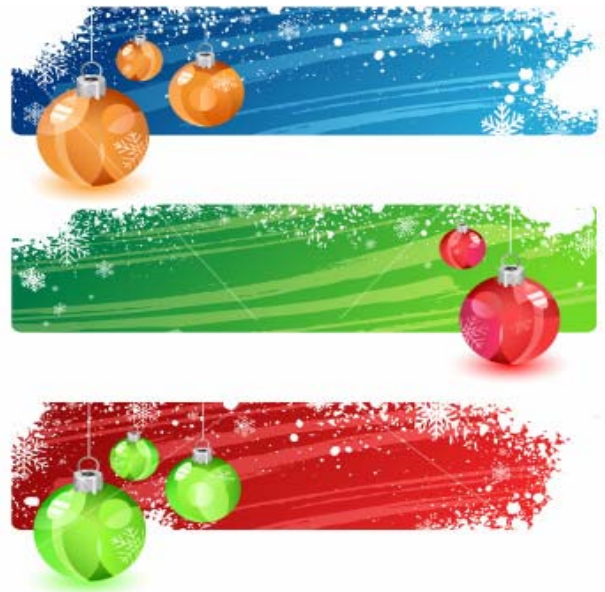
Did You Know ???

As of December 2008, Canadian Mental Health Association, Hamilton Branch, will be located at 131 John Street South, Hamilton, ON, L8N 2C3.

Telephone 905-521-0090

Fax: 905-521-0211

New email: info@cmhahamilton.ca



I would like to take this opportunity to thank all of our Volunteers, mostly Resource Counsellours, Food Bank and Warehouse volunteers, for their hard and selfless work over the course of this past year.

Without you our Centre would not be able to run for one minute! You make it all happen! On behalf of our clients, THANK YOU!

Personally, I am forever grateful for your dedication, commitment and kindness! It seems that we will all be embarking on some difficult times ahead, and I can only hope that more of us can show your kind of warmth and willingness to help!

Most sincerely,
Director of Family Services