

Resource Counselling Newsletter




Starting Tuesday February 3, 2009,

**Interval House Transitional Support Worker
Cyndy**, will be available at our Centre,

EVERY TUESDAY from 9.30am-12.30pm

for counseling on domestic violence issues.



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 February:

- Monday, February 9, 2009, 10am-noon
- Thursday, February 12, 2009, 1-3pm

THE VICTIM QUICK RESPONSE PROGRAM helps to ensure that thousands of victims of violent crime across the province of Ontario receive immediate, effective and compassionate assistance. Supports are available to victims who have no other financial means to access the help they need.

- **Emergency Expenses** - for eligible victims, to secure premises for victim safety, provide crime scene clean up services and cover transportation and dependant care costs where a family member must travel to identify a homicide victim or support a seriously injured victim of violent crime
- **Funeral Expenses** - to assist eligible families of homicide victims
- **Counselling** - to provide short-term, early intervention counselling to help victims of serious crimes recover from their experience.

For more information and/or assistance, please call Niagara Victim Crisis Support Services, St. Catharines **905-682-2626**

FREE INCOME TAX CLINIC

At

NEIGHBOUR TO NEIGHBOUR CENTRE
Fridays February 27-April 24, 2009
9:30 am to 3 pm

*Have your personal income tax prepared
by volunteers from Revenue Canada*

To ensure that your return is completed promptly and accurately, please verify that you have all the necessary information below that applies to your situation.

All Information Slips: T3, T4, T4A, T4A(P), T4A(OAS), T4E, T4RSP, T4RIF, T5, T5007

All Receipts: Rent, Property Tax, Charitable Donations, Child Care Expenses, Medical Expenses, and RRSP Contributions

Volunteers do not complete individual Income Tax and Benefit Returns for the following situations: Deceased persons, Bankrupts, Business Income, Rental Income, Employment Expenses, and Capital Gains/Losses

Please talk to our Receptionist to book an appointment.

Did You Know ???

Credit Counseling Catholic Family Services of Hamilton



A non-denominational, non-profit organization providing the following professional credit counselling services to the public: financial assessments, mediation with creditors, personal budgeting, and debt repayment programs.

Free and confidential appointments.
Mon & Fri 8:30am-4:30pm; Tue-Thu 8:30am-7:30pm; Sat 9:00am-1:00pm

Catholic Family Services of Hamilton provides friendly, non-judgmental and practical advice from experienced credit counsellors to people of all faiths and cultures.

They help you learn how to manage your money, pay off your debts, and take control of your finances.

Please contact them at:
447 Main Street East, Unit 201, Hamilton, ON
Telephone: **905-527-3823**

Welcome to our New Section

INSPIRATIONAL QUOTES

- Children will not remember you for the material things you provided but for the feeling that you cherished them. (Richard L. Evans)
- You may only be someone in the world, but to someone else, you may be the world. (Unknown)
- When you come to a roadblock, take a detour. (Mary Kay Ash)
- Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than forgive: forget. Do more than dream: work. (William Arthur Ward)