

Resource Counselling Newsletter

Neighbour to Neighbour Centre's Partnerships:

- **Interval House Transitional Support Worker Cyndy**, is available at our Centre, **EVERY TUESDAY from 9:30 a.m.- 12.30 p.m.** for counselling on domestic violence issues.
- **Housing Help Centre's** representative is available at our Centre **EVERY 1st TUESDAY of the month from 1-3:30 p.m.**



- **Community Health Bus** is available at the Centre every other Wednesday.



- **Free Income Tax Clinic** Fridays only February 27-April 24, 2009 **9:30 am to 3 pm**

HELP Housing Emergency Loan Program

Exists to prevent homelessness by providing financial assistance in the form of short-term, interest-free loans to individuals and families who are experiencing financial difficulties that force them into a housing crisis.

Loans can be applied to:

- Last month's rent deposit
- rent arrears (2months or less)
- limited utility arrears
- moving costs
- used appliances when moving into geared to income housing

Applicants must:

- Be a tenant in the City of Hamilton
- Have an income below the poverty line
- Have paid back any previous HELP loans
- Have a rental unit that is usually affordable on their present income
- Have exhausted all other avenues of assistance, including Community Start-Up and Maintenance Benefit (CSUMB)

SASCHA (Sexual Assault Centre)

24 hour telephone support

905-525-4162

75 MacNab St S 3rd floor, Hamilton, ON, L8P 3C1

Confidential support services for women, 16 years of age and older, who have experienced sexual violence at any point in their life.

- Crisis/support
- Diverse communities outreach
- Public education

All services are free, confidential and non-judgmental.



INSPIRATIONAL QUOTES:

- A good deed is never lost: he who sows courtesy reaps friendship; and he who plants kindness gathers love. (Basil)
- Kind words are the music of the world. (F. W. Faber)
- Most of the shadows of this life are caused by our standing in our own sunshine. (Ralph Waldo Emerson)
- Work spares us from three evils: boredom, vice, and need. (Voltaire)
- Our greatest glory is not in never falling but in rising every time we fall. (Confucius)

Did You Know ???

Poverty trends in Hamilton:

- Over the past ten years income levels in Hamilton, particularly among low and middle income groups, have not kept pace with increases in the cost of housing, taxes, utilities, food and other essentials.
- From 1990 to 2000 the wealthiest 40% of the population experienced an increase in their average incomes, while the poorest 60% of Hamiltonians experienced an overall decrease in theirs (this includes middle-income groups).
- During the same ten-year period, labour market trends have resulted in a greater proportion of low-waged part-time, temporary or contract positions, with few or no benefits. This not only contributes to the instability of household incomes, it also results in additional costs to households for dental, vision and health-care, including prescription drugs. **SPRC Hamilton**