

# Resource Counselling Newsletter

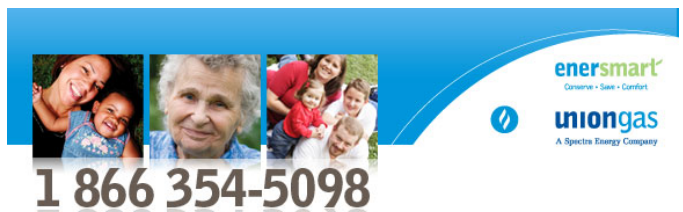
Our 2<sup>nd</sup> Newsletter is on its way to you! Please give us your feedback by talking to our Resource Counsellors! We are here to keep you informed on services in our City to help you!

## Please don't forget a BBQ at Neighbour to Neighbour Centre (N2N) October 7, 2008 and save Up To \$200 Per Year!!

Union Gas is offering a community energy saving program to help families in financial need. The program includes the free installation of a number of energy saving devices:

- Massage Showerhead
- Water Saving Bathroom Aerator
- Water Saving Swivel Kitchen Aerator
- Foam Pipe Insulation
- Programmable Furnace Thermostat

Event starts at 10:30am, light refreshments will be provided. At 11am there will be an Energy Conservation Workshop to explain the program followed by a BBQ at 11:45am. All are welcome!



For more information talk to a Resource Counsellor or call Union Gas.

## FREE workshops help you learn to do more with your money!! \$\$\$\$\$\$

Call 905-525-5824 for information on how Welcome Inn Community Centre's PLAN Program can get you started on the road to a better financial future. Workshops are FREE and run several times during the year. Take one, take them all. It's up to you!

Welcome Inn Community Centre  
40 Wood Street East  
Hamilton, On, L8L 3Y3  
[www.welcomeinn.ca](http://www.welcomeinn.ca)

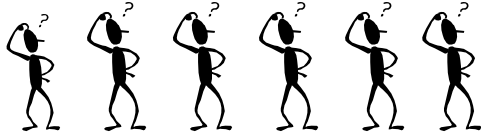
## N2N Partners With Interval House

If you need help in dealing with violence against women issues, please come and see Cyndy, Interval House outreach worker on these dates:

- Tuesday, September 16, 1-3.30
- Friday September 26, 9.30-12.30

For more information please talk to a R C

Please join a Walk to support Women's Services. Saturday, September 27<sup>th</sup>, 2008, T.B. McQueston Community Park 1199 Upper Wentworth Street (South of Limeridge Rd E). Please call Interval House to register 905-387-9959 ext 245. Prizes and refreshments available.



### **Aboriginal Healing and Outreach Program**

**(AHOP)** is a unique community based approach that builds on the individual/family's knowledge and use of Aboriginal values and teachings and uses the Wraparound planning process. Program is offered to individuals and families who are at risk of or who are homeless and may also be living in poverty. In addition, they must be a part of one of the following groups:

- Aboriginal youth (ages 16-24) especially those leaving the care of Children's Aid Society
- Aboriginal Women and Children fleeing violence
- Aboriginal women and Men still in a Correctional facility
- Aboriginal Seniors (age 50 and up)



### **Please visit New Ontario Early Years Centre at Limeridge Mall**

(on the lower level, beside Kiddie Kobbler with access from the north west Mall entrance towards Sears)

Ontario Early Years Centres are places where parents and caregivers can:

- take part with their children in a range of programs and activities
- get answers to questions
- get information about programs and services that are available for young children
- talk to early years professionals, as well as other parents and caregivers in the community.

**For more information contact:  
905-385-9406**



### **Did You Know ???**

Hamilton was home to 38,215 children up to 6 years of age in 2006! Out of that number, 8815 children live on Hamilton Mountain.

16.1% of Hamilton's children, age 0-4, speak a language other than English as their mother tongue. On Hamilton Mountain the most predominant languages spoken are Arabic, Chinese, Portuguese, Spanish and Polish.

### **Walk-In Counselling Clinic** for Individuals, couples and families now at two locations:

- Every Tuesday 12 (noon)-6:30pm at Catholic Family Services 447 Main St E, Unit 201 call 905-527-3823
- Every Monday, 1:00pm-3:30pm at Wesley Neighbourhood Centre, 93 Delena Avenue North

No Appointment necessary

Child minding available

A small fee is charged for counseling to those who are able to pay

Providing service to people of all faiths and cultures