

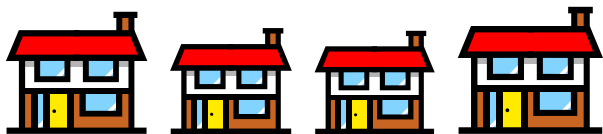
Resource Counselling Newsletter

Are You Frustrated By Your Financial Situation Or Dream Of Being Your Own Boss ??

Call 905-525-5824 for information on how the **Welcome Inn Community Centre's** PLAN Program can help. Workshops are FREE and help you learn to do more with your money!! \$\$\$ Take one workshop or take them all. It's up to you!

Can You Use Help Finding Or Maintaining Affordable Housing ?

Are You In Danger Of Becoming Homeless ?



A representative from the Housing Help Centre (HHC) is at N2N on the **1st Tuesday of every month.**

Everyone has the right to safe, secure, adequate and affordable housing & HHC offers a one stop centre with a wide range of related services:

- Finding & Maintaining Housing
- Dealing With Rent Increases
- Listings From Landlords
- Subsidized Housing Applications
- Tenants' Rights
- Support For Eviction Notices

For more information talk to a Resource Counsellor



Need Help Clearing Snow ?? Contact The Hamilton Snow Angels

If you are an eligible senior or person with physical disabilities, now is the time to make arrangements to receive help with winter snow removal.

This is a volunteer program to assist individuals with snow removal from sidewalks and entrances. The program is income based and open to the following:

- A resident who is 65 years of age or older and who receives a Seniors Tax Credit or
- A resident with a disability (ODSP), or who must use a Wheelchair or has a doctor's note regardless of age.

*For more information please see a RC or call the **Snow Angels Hotline at 905 523 1910***



Did You Know ???

The City of Hamilton's free influenza clinics begin November 4th and run until December 10th, 2008.

Ask a Resource Counsellor for information about the clinic nearest to you.



Suicide Awareness Fact

More people in Canada die by suicide every year than are killed by motor vehicle collisions.

Know Some of The Warning Signs:

- No sense of purpose in life
- Feeling hopeless, helpless, sad, depressed
- Anxiety. Agitation
- Unable to sleep or sleeping all the time
- Anger, rage, revenge
- Feeling trapped, with no way out
- Dramatic mood changes
- Increased alcohol or drug use

Remember, talking about suicide will not encourage someone to try it. Take all threats seriously.

For more information or assistance contact the 24 hour Crisis Outreach & Support Team:

905 972 8338

North Hamilton Community Health Centre



The centre provides a wide range of health related **Multicultural Programs and Services**. Staff is committed to being a resource for all immigrants, refugees and newcomers to Canada. For example:

The Twinning Program: This program matches newcomers with a “twin”, a former newcomer to Canada who has lived in Canadian culture for an extended period of time. The “twins” meet to practice English skills and discuss community resources.

Your Health In Your Hands: This program is for people living with long-term health effects or chronic disease.

In small groups participants discuss how to solve problems, proper exercise regimens, action planning and how to make informed health choices.

For more information about these programs or any of their other health related services contact the **North Hamilton Community Health Centre at 905-523-6611 or talk to a Resource Counsellor.**



Affordable Transit Pass Program.

If you're an employed Hamilton resident living with a low income* you may be eligible to buy an HSR Adult Monthly Transit Pass for HALF PRICE.

Who can apply for the program?

Those who meet ALL of these criteria can apply for the program:

- City of Hamilton resident
- Currently employed
- 18-64 years of age (does not include those who qualify for HSR's student or senior fares)
- *Family income falls below the 2006 LICO
- Not currently receiving assistance from OW, ODSP or a residential care facility
- Able to provide last year's Notice of Assessment from the Canada Revenue Agency and four week's worth of pay stubs.

For more information talk to a Resource Counsellor

N2N Is Partnered With Interval House

If you need help in dealing with violence against women issues, please come and see Cyndy, an Interval House outreach worker.

For more information about Cyndy's schedule at N2N please talk to a RC