



# ASSUMPTION CARES

Compassionate Care for Windsor's West End

## OCTOBER

Programs available for anyone  
living in the West End of Windsor.  
**All are Free!**

Located at  
**711 McEwan Ave.,**  
the **McEwan Campus,**  
as well as,  
**350 Huron Church Rd.,**  
the **Huron Church Campus,**  
of **Assumption Parish**

### **DID YOU KNOW?!**

The Saint Vincent de Paul Society provides fresh vegetables at the McEwan Campus —711 McEwan Ave. every Friday from 9-11am with the “**Forgotten Harvest**” Produce Distribution Program. They also make home visits to individuals or families in need every Saturday from 9-12:30. Call 519-254-7410

### **\*VOLUNTEERS NEEDED\***

**Can you share a skill, visit someone who needs a friendly smile, or help out around the office:**  
Call Natalie at 226-260-1768  
or email at  
assumptioncares@dol.ca



Assumption Parish-McEwan Campus is **wheelchair accessible** with an elevator and parking available at the back of the church off Campbell Street.

### **WELCOME TO ASSUMPTION CARES!**

**ASSUMPTION CARES IS A “FREE” COMMUNITY BASED PROGRAM THAT SEEKS TO HELP ALL RESIDENTS FIND A BETTER QUALITY OF LIFE.**

**EXERCISE FOR CHRONIC PAIN:** Join **Paul LaForest**, to learn how to better identify and understand your pain. Participate in simple exercises that can improve your flexibility, strength and range of motion. Come in comfortable clothing and bring appropriate footwear. --- McEwan Campus, Main Hall, *Wednesdays, 10:30am-12:15pm*

**NAR-ANON:** Loving someone who is experiencing an addiction can present many challenges. Nar-Anon provides a safe haven for family members and friends to find support from other caregivers. *McEwan Campus, Rooney Lounge, Thursdays at 7:30-9pm*

**WALK AND TALK:** Come join us for an hour of walking and getting to know each other. We will be walking inside the Holy Name of Mary church. This is a great activity to help you get active and meet people. Dress comfortably, bring a reusable water bottle, and appropriate footwear. *McEwan Campus, Church, Wednesday, 9:30am-10:30am.*

**HEALTH SCREENING:** Struggling with health concerns? finding a healthcare provider? understanding your medication? Fill out our Health Screener (*on our website*) for the opportunity to receive professional advocacy and support for your health care concerns, get information about health care services in our community, and be assisted to connect to the services that you may require. **ONLINE.**

**AA MEETING - “ALL ARE WELCOME”:** 12 Step Programs to Recovery. *McEwan Campus, Main Hall, Wednesdays at 7:30pm-8:30pm*

**CUDDLES CLOTHING FOR KIDS:** *One of our newest programs!!!* Do you have kids that grow like weeds?! We all know how expensive it can be to buy new clothes. Cuddle Clothing is a kids clothing charity that allows you to take home clothes for your children free of charge. *McEwan Campus, Saturday, 9am-12noon.*

**FEEDING PETS:** Need a little extra food for your fur baby?! New Song Church has expanded their Emergency Pet Food Bank to the West-End partnering Assumption Cares. Come once a month for a few days worth of cat or dog food to tide your pets over. *McEwan Campus, Fridays, 9am-11am.*

**CATHOLIC LIFE MEETING:** **Jean Beneteau** leads this faith-based program of most interest to Catholics (everyone is welcome). Discover what it means to live a Catholic Life. *Huron Church Campus, Rosary Hall, alternating Mondays at 6:30-8pm (see calendar for exact dates).*

**CARDS AND GAMES:** A small group of neighbours have been gathering to play cards on Thursday mornings. They are looking for others to join them. Come alone or with others. *McEwan Campus, Thursdays, 9 to noon.*

**LIVING WITH GRIEF:** **Marilyn Morrison** will lead the group in discussion on a variety of topics for adults who have experienced the death of a loved one. *McEwan Campus, Rooney Lounge, 2nd and 4th Tuesdays, 7pm-8pm.*

**NEW! THE IMPORTANCE OF BEING CONNECTED:** Join Natalie & Jennifer and discover how being connected supports us to live happier, healthier, and longer lives. Learn how we can make our communities stronger and more vibrant. This workshop may transform your thinking about how you live, and make a difference in others lives. *McEwan Campus, Rooney Lounge, October 8th, 2pm.*

**NEW! FINANCIAL FITNESS WORKSHOP:** . *McEwan Campus, Rooney Lounge, Tuesday, October 13th, 6-7pm.*

**NEW! MARYVALE INFORMATION NIGHT:** Maryvale is a Children’s Mental Health treatment centre helping young people (aged 13 to 17) and their families who are dealing with a range of mental health issues such as anxiety, depression, suicidal thoughts, and lack of self-worth. This session will provide basic information including services that can be provided. *McEwan Campus, Rooney Lounge, Mon. October 26th, 6-7pm.*