

ASSUMPTION CARES - JANUARY

Compassionate Care for Windsor's West End

"FREE" COMMUNITY-BASED PROGRAMS THAT SEEK TO HELP ALL FIND A BETTER QUALITY OF LIFE.

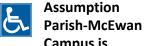
ADDRESS

711 McEwan Ave. (McEwan Campus) & 350 Huron Church Rd. (Huron Church Campus) of Assumption Parish

ALL IN-HOUSE
PROGRAMS WILL
REQUIRE REGISTRATION
IN THE EVENT OF COVID
LEVEL RED,
CLOSED IN GREY

HOMEWORK HELP!

A free online tutoring program offered through Assumption Cares. Open to all and available to students of any age/ability M-F, 4pm-9pm - Google Meet - links on our webpage. Please fill out our Student Registration Google Form.



Campus is

wheelchair accessible

with an elevator and parking available at the back of the church off Campbell Street.

WELCOME TO ASSUMPTION CARES!

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. Bring comfortable clothing and appropriate footwear. *McEwan Campus, Rooney Lounge, Wednesdays, 10:30am-12:15pm* **REGISTRATION ONLY**

<u>NAR-ANON:</u> 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 - ONLINE.*

STEPS TO RECOVERY (CoDA): Codependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. *McEwan Campus, Wednesdays, 7:30pm*

<u>WALK AND TALK:</u> Come join us for an hour of walking and getting to know each other. Walking inside the Holy Name of Mary church. Dress comfortably, bring a reusable water bottle, and appropriate footwear. *McEwan Campus, Church*, Wednesday, 9:30am-10:30am.

<u>HEALTH SCREENING</u>: Struggling with health concerns? finding a healthcare provider? understanding your medication? **Fill out our Health Screener** (*on our webpage*) for the opportunity to receive professional advocacy and support. *ONLINE*.

<u>CUDDLES CLOTHING FOR KIDS</u>: Cuddle Clothing is a kids clothing charity that allows you to take home clothes for your children free of charge. <u>Closed to the public</u>, please contact us for any clothing needs and we will coordinate a way for you to pick them up.

<u>EARLYON VIRTUAL STORY TIME</u>: Join Miss Marcella, an EarlyON teacher, as she offers a virtual story time *every weekday at 11am* for kids 0-6yrs. Email her at marcella.artico@publicboard.ca for the link.

FOODIES COOKING CLUB - ONLINE: Join our "Foodies" Mauline and Eleanore in preparing and sharing low cost, healthy lunch. Tuesday, January 12th, 2pm - See our social media for the Zoom link.

<u>LECTIO DIVINA (Сатноше):</u> Praying with the Scriptures. Every Wednesday, 2pm. **See our social media for the Zoom link.** <u>CATHOLIC LIFE MEETING:</u> 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).*

<u>LIVING WITH GRIEF</u>: Marilyn Morrison leads the discussion on a variety of topics for adults who have experienced the death of a loved one. McEwan Campus, Rooney Lounge, 2nd, 4th Tuesdays, 7pm-8pm.

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

VOLUNTEER TRAINING: Interested in becoming a volunteer with Assumption Cares? Attend our training night to hear more about what we do and who we serve. *Monday, January 11th, 5pm.* **See our social media for the Zoom link.**

CROCHET & KNIT: Assumption Cares has recently donated a lot of yarn. Join us on the first and third Thursday mornings of the month to enjoy some wholesome crafting with friends. McEwan Campus, 1st, 3rd, and Thursday of the month, 10:30am, Assumption Room (with couches).

FORGOTTEN HARVEST/FOOD DELIVERY: Saint Vincent de Paul Society provides fresh vegetables at the *McEwan Campus* every *Friday,* 8am-11am. They also make home visits to individuals or families in need every Saturday from 9am-12:30. Call 519-258-2740

<u>CONVERSATIONAL ENGLISH:</u> The Mental Health Team at W5 will provide an opportunity for you to practice English-speaking skills, make friends, and learn about the community. *Every Friday at 12noon.*

See our social media for the Zoom link.

MENTAL HEALTH MONDAYS: Joe Perry will be hosting a psychoeducational group on Mondays. She will discuss different topics each week, teach different coping strategies and give you new tools for your tool box! See our social media for the Zoom link.

<u>W5 INFORMATION SESSION</u>: The W5 (Windsor Women Working With Immigrant Women) will be holding an information session on their programs and services. *Wednesday, January 13th, 12pm. See our social media for the Zoom link.*