

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.*



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!

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**

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 - 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*

WALK AND TALK: 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.*

HEALTH SCREENING: 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.**

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

EARLYON VIRTUAL STORY TIME: 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.*

LECTIO DIVINA (CATHOLIC): Praying with the Scriptures. *Every Wednesday, 2pm. See our social media for the Zoom link.*

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).*

LIVING WITH GRIEF: **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**

CONVERSATIONAL ENGLISH: 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.**

W5 INFORMATION SESSION: 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.*