


ASSUMPTION CARES - APRIL

Compassionate Care for Windsor's West End

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

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p>Contact Us:</p> <p>Website: assumptionparish.ca/assumptioncares Facebook: Assumption Cares Email: assumptioncares@dol.ca Call/Text: 226-260-1768</p>				1	2	3
				<p>HOLY THURSDAY (closed)</p>	<p>GOOD FRIDAY (closed)</p>	<p>CLOSED</p>
4	5	6	7	8	9	10
<p>E A S T E R</p>	<p>EASTER MONDAY (closed)</p>	<p>11am - EarlyON Virtual Storytime (every weekday) 12pm - Health Today</p>	<p>2pm - Lectio Divina (Catholic) - ONLINE 6pm - Let's ReCreate</p>	<p>11am - *Simply Music* 3pm - Our Animal Friends 6pm-7:30pm Living With Grief</p>	<p>8am-11am Forgotten Harvest 9am-11am Feeding Pets/Tax Drop-off 12pm Conversational English</p>	<p>9am-12:30pm - St. Vincent de Paul Food/Home Visits 9:30am-11:30am - Tax Drop-off</p>
11	12	13	14	15	16	17
	<p>10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE</p>	<p>2pm - Foodies Cooking Club - ONLINE</p>	<p>2pm - Lectio Divina (Catholic) - ONLINE 6pm - Let's ReCreate</p>	<p>3pm - Our Animal Friends 7:30-9pm - Nar-Anon</p>	<p>8am-11am Forgotten Harvest 9am-11am Feeding Pets/Tax Drop-off 12pm Conversational English</p>	<p>9am-12:30pm - St. Vincent de Paul Food/Home Visits 9:30am-11:30am - Tax Drop-off</p>
18	19	20	21	22	23	24
	<p>10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE</p>	<p>11am - EarlyON Virtual Storytime (every weekday) 12pm - Health Today</p>	<p>2pm - Lectio Divina (Catholic) - ONLINE 6pm - Let's ReCreate</p>	<p>11am - *Simply Music* 2pm - Do You Recall? 3pm - Our Animal Friends 6pm-7:30pm Living With Grief</p>	<p>8am-11am Forgotten Harvest 9am-11am Feeding Pets/Tax Drop-off 12pm Conversational English</p>	<p>9am-12:30pm - St. Vincent de Paul Food/Home Visits 9:30am-11:30am - Tax Drop-off (last day)</p>
25	26	27	28	29	30	
	<p>10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE</p>	<p>11am - EarlyON Virtual Storytime (every weekday)</p>	<p>2pm - Lectio Divina (Catholic) - ONLINE</p>	<p>7:30-9pm - Nar-Anon</p>	<p>8am-11am Forgotten Harvest 9am-11am Feeding Pets 12pm Conversational English</p>	

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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 ORANGE,
CLOSED IN RED & GREY**

HOMESCHOOL 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.*



McEwan Campus is wheelchair accessible with an elevator - park at the back of the church off of Campbell Ave for access.

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.**

MENTAL HEALTH MONDAYS: Assumption Cares hosts a psychoeducational group on Mondays. We 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.**

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, April 13th, 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.**

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**

LIVING WITH GRIEF: 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.**

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**

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.**

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.**

NEW! LETS RECREATE: Join us for weekly craft-making! We will be using recycled and/or previously used materials. It's eco-friendly and aims to save money while making beautiful things. **Wednesdays - 6pm - ZOOM - See our social media for the Zoom link.**

NEW! SIMPLY MUSIC: Creating a space to share your favourite songs, connect with other music lovers, and connect through beautiful sounds! **Thurs, April 8th & 22nd, 11am. See our social media for the Zoom link.**

NEW! HEALTH TODAY: We will be presenting a new health topic biweekly. **Tues, April 6th & 20th, 12pm. See our social media for the Zoom link.**

NEW! DO YOU RECALL?: A memory workshop. **Thurs, April 25th, 2pm. See our social media for the Zoom link.**

NEW! OUR ANIMAL FRIENDS: A place where animal lovers can share their love and interest for all animals through videos, trivia games and more. **April 8th, 15th, and 22nd, on Thursdays at 2pm - ZOOM - See our social media for the Zoom link.**

TAXES

NEW! VOLUNTEER TAX PROGRAM: If your yearly income is under \$35,000 a year, we can help you get your taxes done for FREE! The Community Volunteer Income Program (CVITP) is hosting a **Free Tax Preparation DROP-OFF** through Assumption Cares throughout **March & April.** Please bring income slips that apply to you T5007, T4, T4A, T4A(P), T4A(OAS), T4E, T5 & Rent or Property Tax Receipt. *If you received CERB or COVID money, you must include a T4A or T4E. * Drop off every **Friday/Saturday from 9:30am-11:30am at 711 McEwan Ave. - see calendar dates for more specific dates.**



ASSUMPTION CARES - MARCH

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--- APRIL ANNOUNCEMENTS ---

****Please note that all our IN-HOUSE programs will require registration in the event of COVID Code Orange, but that our building is closed to the public in Code Red and Grey****

INCOME TAX HELP! - *drop off* - 711 McEwan Ave.

The Community Volunteer Income Program (CVITP) will be hosting a **Free Tax Preparation DROP-OFF Clinic** through Assumption Cares throughout **March & April**. Please bring income slips that apply to you T5007, T4, T4A, T4A(P), T4A(OAS), T4E, T5 & Rent or Property Tax Receipt. Drop-off times are Friday & Saturday 9:30am-11:30am. **If you received CERB or COVID money, you must include a T4A or T4E.** Please call **226-260-1768** or email assumptioncares@dol.ca for further direction.

COVID VACCINE REGISTRATION!

If you are over the age of 80, we can help you pre-register for the COVID-19 vaccine. Just call us at **226-260-1768**, or call the Health Unit directly at **519-251-4072**. We are happy to help.

NEED MORE SUPPORT?

Looking for more support and connection in the community? Reach out to us and to be matched with a trained volunteer who will walk with you towards the quality of life you are looking for. Please contact us at **226-260-1768** or email us at assumptioncares@dol.ca for details on how to get involved in this program.

FOLLOW US ON SOCIAL MEDIA!

Webpage: www.assumptionparish.ca/assumptioncares

Instagram: @assumptioncares

Facebook: Assumption Cares

Email: assumptioncares@dol.ca

Phone: 226-260-1768