



# ASSUMPTION CARES - JUNE

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
		1 11am - EarlyON Virtual Storytime (every weekday)	2	3	4 8am-11am Forgotten Harvest 9am-11am Feeding Pets 12pm Conversational English	5 9am-12:30pm - St. Vincent de Paul Food/Home Visits
6	7 10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE	8 EarlyON Virtual Storytime (every weekday)	9 2pm -Simply Music ONLINE	10 2pm -Foodies Cooking Club - ONLINE 6pm-7:30pm Living With Grief 7:30-9pm -Nar-Anon	11 8am-11am Forgotten Harvest 9am-11am Feeding Pets 12pm Conversational English	12 9am-12:30pm - St. Vincent de Paul Food/Home Visits
13	14 10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE	15 11am - EarlyON Virtual Storytime (every weekday)	16	17	18 8am-11am Forgotten Harvest 9am-11am Feeding Pets 12pm Conversational English	19 9am-12:30pm - St. Vincent de Paul Food/Home Visits
20 <b>HAPPY FATHERS DAY</b>	21 10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE	22 11am - EarlyON Virtual Storytime (every weekday)	23 2pm - Simply Music ONLINE	24 6pm-7:30pm Living With Grief 7:30-9pm - Nar-Anon	25 8am-11am Forgotten Harvest 9am-11am Feeding Pets 12pm Conversational English	26 9am-12:30pm - St. Vincent de Paul Food/Home Visits
27	28 10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE	29 11am - EarlyON Virtual Storytime (every weekday)	30	<b>Contact Us:</b> <b>Website:</b> <a href="http://assumptionparish.ca/assumptioncares">assumptionparish.ca/assumptioncares</a> <b>Facebook:</b> Assumption Cares <b>Email:</b> <a href="mailto:assumptioncares@dol.ca">assumptioncares@dol.ca</a> <b>Call/Text:</b> 226-260-1768		

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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



 **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](mailto: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. **Thursday June 10, 2pm - See our social media for the Zoom link.**

**SIMPLY MUSIC.** Everybody loves music! Simply Music is a space to share your favourite songs, connect with other music lovers, and connect through beautiful sounds! Please join us for a great event with great people this month. Wednesdays June 9th and 23rd **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**

**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.**

**LIVING WITH GRIEF:** Discussion on a variety of topics for adults who have experienced the death of a loved one. **2nd & 4th Thursdays, 6pm-7:30pm - ZOOM - Call us or see our webpage to register.**

**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?! Feeding Windsor 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 TAX PROGRAM:** Still need to file your 2020 taxes? We can help! The Community Volunteer Income Program (CVITP) is in collaboration with Assumption Cares and can help you out year-round for those whose income was under \$35000 in 2020. Please email/call us and we will connect you. You will need your 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.\*\* Please call **226-260-1768** or email [assumptioncares@dol.ca](mailto:assumptioncares@dol.ca) for further direction.



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## --- JUNE 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!**

Still need to file your 2020 taxes? We can help! The Community Volunteer Income Program (CVITP) is in collaboration with Assumption Cares and can help you out year-round for those whose income was under \$35000 in 2020. Please email/call us and we will connect you. You will need your 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.\*\* Please call **226-260-1768** or email [assumptioncares@dol.ca](mailto:assumptioncares@dol.ca) for further direction.

### **COVID VACCINE REGISTRATION!**

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/or connection in the community?  
Reach out to us and be matched with a trained volunteer who will support and advocate for you in your day-to-day life. Please contact us at **226-260-1768** or email us at [assumptioncares@dol.ca](mailto:assumptioncares@dol.ca) for details on how to get involved in this program.

### **FOLLOW US ON SOCIAL MEDIA!**

Webpage: [www.assumptionparish.ca/assumptioncares](http://www.assumptionparish.ca/assumptioncares)

Instagram: @assumptioncares

Facebook: Assumption Cares

Email: [assumptioncares@dol.ca](mailto:assumptioncares@dol.ca)

Phone: 226-260-1768