








ASSUMPTION CARES - March 2023

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 Website: assumptionparish.ca/assumptioncares Facebook: Assumption Cares Email: assumptioncares@dol.ca Call/Text: 226-260-1768</p>		<p>1 9:30 Walk and Talk 11:00-12 Exercise for chronic pain 1-2 Adventure in Sports Paradise- <i>online</i> 7:30 AA All Welcome</p>	<p>2 9-12 Cards and games 11-12 Fit for All 1:30-2:30 Joyful Living -online 7:30-9pm Nar-Anon</p>	<p>3 8am-11am Forgotten Harvest 9am-11am Feeding Pets 9-12 Cuddles Clothing 12pm Conversational English</p>	<p>4 9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
5 	<p>6 10am - Online Health Screener 2:30-3:30 Hope for Young Adults <i>online</i> 5-6pm Community Meal</p>	<p>7 10:30- Crochet and knit 11am - EarlyON Virtual Storytime (<i>every weekday</i>) 8pm Living Stones prayer group</p>	<p>8 9:30 Walk and Talk 11-12 Exercise for chronic pain 1-2 Adventure in Sports Paradise- <i>online</i> 7:30 AA All Welcome</p>	<p>9 9-12 Cards and games 11-12 Fit for All 1:30-2:30 Joyful Living -online 7:30-9pm Nar-Anon</p>	<p>10 8am-11am Forgotten Harvest 9am-11am Feeding Pets 9-12 Cuddles Clothing 10:00 Conversational English</p>	<p>11 9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
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19 	<p>20 10am - Online Health Screener 2:30-3:30 Hope for Young Adults <i>online</i> 5-6pm Community Meal</p>	<p>21 10:30- Crochet and knit 11am - EarlyON Virtual Storytime (<i>every weekday</i>) 8pm Living Stones prayer group</p>	<p>22 9:30 Walk and Talk 10:30 Exercise for chronic pain 1-2 Adventure in Sports Paradise- <i>online</i> 7:30 AA All Welcome</p>	<p>23 9-12 Cards and games 11-12 Fit for All 1:30-2:30 Joyful Living -online 7:30-9pm Nar-Anon</p>	<p>24 8am-11am Forgotten Harvest 9am-11am Feeding Pets 9-12 Cuddles Clothing 10:00 Conversational English-online</p>	<p>25 9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
26 	<p>27 10am - Online Health Screener 2:30-3:30 Hope for Young Adults <i>online</i> 5-6pm Community Meal</p>	<p>28 11am - EarlyON Virtual Storytime (<i>every weekday</i>) 8pm Living Stones prayer group</p>	<p>29 9:30 Walk and Talk 10:30 Exercise for chronic pain 1-2 Adventure in Sports Paradise- <i>online</i> 7:30 AA All Welcome</p>	<p>30 9-12 Cards and games 11-12 Fit for All 1:30-2:30 Joyful Living -online 7:30-9pm Nar-Anon</p>	<p>31 8am-11am Forgotten Harvest 9am-11am Feeding Pets 9-12 Cuddles Clothing 10:00 Conversational English</p>	

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

Proof of Vaccine no longer required.
Masks optional



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

COMMUNITY MEAL: Join us for a free dinner every Monday starting September 12. Doors open at 4:30 pm, dinner is served from 5-6

FIT FOR ALL: Low impact fitness class for adults of all ages and fitness levels.. Your instructor Donna has multiple certifications including CanFit and Stronger You (senior fitness)

EXERCISE FOR CHRONIC PAIN: 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 and a bottle of water. Wednesdays 11-12 McEwan Campus.

JOYFUL LIVING online: This program aims to motivate women for self-empowerment by learning from cultural mosaic, sharing experiences, ideas, discussion, and interaction. *See our social media for the zoom link.*

ADVENTURE IN SPORTS PARADISE ONLINE. Are you sports enthusiasts? Are you an adventurer? Come on in and we'll get you started. It's more fun than you could ever imagine! *See our social media for the zoom link*

HOPE FOR YOUNG ADULTS- online presentation discussions about young adults and teenagers' well-being and growth. It is an opportunity to express the reality we face as teenagers and young adults. The goal is to feel better and build our confidence within ourselves. *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.*

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. Dress comfortably, bring a reusable water bottle, and appropriate footwear. *McEwan Campus, Church, Wednesday, 9:30am-10:30am.*

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.*

LIVING STONES PRAYER GROUP: Please join us on Tuesdays at 8pm in the Assumption room

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.

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 10:00AM. *See our social media for the Zoom link*

CARDS AND GAMES: Thursday mornings. *McEwan Campus, Thursdays, 9 to noon Call for more info.*

CROCHET AND KNIT - Join us on the first and third Tuesday morning of the month from 10:30-11:30 to enjoy crafting with friends. *McEwan Campus in the Assumption Room (with couches).* s onJoin

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.*

SIMPLY MUSIC. Everybody loves music! Simply Music is a space to share your favourite songs, and connect with other music lovers. Please join us on the 2nd and 4th Wednesday of the month. *See our social media for the Zoom link.*

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.**

VOLUNTEER TAX PROGRAM: Need to file your 2022 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 for further direction.

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 Nar-Anon provides a safe haven for family members and friends to find support from other caregivers

AA ALL WELCOME- Wednesday evenings 7:30 pm



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

INCOME TAX HELP! OUR INCOME TAX CLINIC IS OPEN FRIDAY MORNINGS FROM 9-11:30 FROM FEBRUARY 24TH TO APRIL 28TH

Need to file your 2022 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 for further direction.

ONLINE PROGRAMS!

HOPE FOR YOUNG ADULTS MONDAYS 2:30-3:30 PM

ADVENTURE IN SPORTS PARADISE WEDNESDAYS 1-2 PM

JOYFUL LIVING THURSDAYS 1:30-2:30

SEE OUR SOCIAL MEDIA / FACEBOOK PAGE FOR THE LINKS

THE FOLLOWING PROGRAM TIME CHANGES

FITNESS FOR CHRONIC PAIN WEDNESDAY 11AM- 12PM

KNIT AND CROCHET 1ST AND 3RD TUESDAYS 10:30 AM

CONVERSATIONAL ENGLISH FRIDAYS 10AM ON ZOOM

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 for details on how to get involved in this program.

FOLLOW US ON SOCIAL MEDIA!

Webpage: www.assumptionparish.ca/assumptioncares

Facebook: Assumption Cares

Email: assumptioncares@dol.ca

Phone: 226-260-1768

