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SUMMER 2011 - QUARTERLY NEWSLETTER

# WE'VE MOVED!

The board of directors and staff of the Community Support Centre Haldimand-Norfolk (CSCHN) are pleased to announce that they have moved as of April 18th, 2011

The new building is located at 103 Inverness Street, just two blocks west of the old location, on the corner of Orkney and Inverness. The CSCHN continues to provide all the same essential community and social services from this new location including:

- Information and Referral Services
- Employment Ontario Employment Resource Centre
- Haldimand-Norfolk R.E.A.C.H.
- Haldimand Norfolk Women's Services
- Community Addiction and Mental Health Services of Haldimand Norfolk
- Meyers Norris Penny Limited (credit counselling)
- Grand Erie Learning Alternatives
- United Way of Haldimand Norfolk (campaign satellite office)
- Word 4 Word; and, Community Legal Clinic

The Caledonia and District Food Bank and Helping Hands Haldimand have also moved to this new location.

## EVENTS TO LOOK FORWARD TO:

- June 16, 2011 - 6:30pm Open House at CSCHN
- July 8, 2011 - Annual Golf Tournament Fundraiser

## Creating a Caring Community

103 Inverness Street, Caledonia, ON N3W 1B1

[www.haldnor-communitysupport.ca](http://www.haldnor-communitysupport.ca)  
[info@haldnor-communitysupport.ca](mailto:info@haldnor-communitysupport.ca)

Phone: 905-765-4408  
Fax: 289-284-0571





### FOOD FOR THOUGHT - 4 PART SYMPOSIUM

The Haldimand Abilities Centre and the Community Support Centre Haldimand Norfolk are hosting a four-part Symposium entitled Food For Thought for older adults. These symposiums will be held in various locations in Haldimand County throughout 2011 and promise to be innovative, interactive, educational and fun for everyone involved. Each Symposium will deal with all aspects of healthy aging from nutrition to alternative therapies.



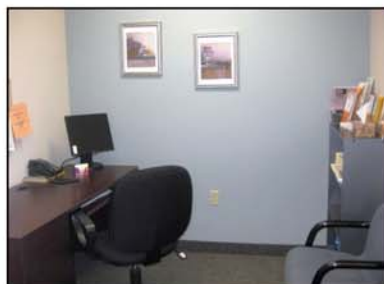
- The first Symposium was held on Thursday April 21st at the Gateway Alliance Church in Caledonia.
- The second Symposium was held on Thursday May 19th at the Grandview Lodge auditorium. The theme of the day was Healthy Aging and Nutrition. The guest speakers talked about healthy nutrition, natural healing, and Hands-on techniques.
- The third Symposium will be held on Thursday October 20th at Parkview Meadows Retirement Home in Townsend. The topic of the day will be Therapeutic Alternatives..
- The fourth and last Symposium will be held on Thursday November 17th at the Gateway Alliance Church in Caledonia. Healthy Aging and Naturopathy will be the topic.

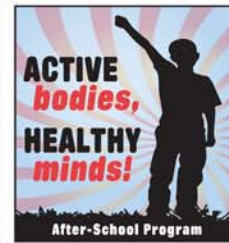
We are inviting you to participate in one or both of the remaining Symposiums by setting up a display promoting your organization.

### OFFICE SPACE FOR RENT

This new Centre has a small number of newly refurbished offices for rent on a daily, weekly, monthly or yearly basis. This is a fantastic rental opportunity for any community or social service agency that would like to be in a one-stop community service access Centre. It includes well-equipped offices with telephone, internet access, access to photocopying, faxing, and reception support.

- We also have a 560 square foot boardroom that can be rented out hourly or daily.
- Call the CSCHN at 905-765-4408 for more information!





## MARCH BREAK CAMP A SUCCESS

CYPRES hosted a 5 day March Break Camp for children aged 4 to 12. This sold out week of "Green"s the Theme" activities included weird and wonderful green experiments, skating, a Green Energy Amazing Race, a visit to Riviera Retirement Home and some educational information on healthy "green" eating habits and healthy teeth. This fun-filled week kicked off with special guest Jeff Shadbold, The Magic Man. We would to thank the Caledonia Rotary Club for their generous donation to provide this entertainment.



## EMPLOYMENT RESOURCE UPDATE



The Employment Ontario Employment Resource Centre continues to provide free access to computers, photocopier, fax machine, phone calls and expert advice and assistance in job hunting and resume writing. Our multi-service approach allows clients who have just been assisted by another on-site service provider to then utilize our Employment Centre for a

job search or ask about assistance with a resume.

In many instances clients will utilize our services before or after accessing the Caledonia and District Food Bank, which is also on-site. Last year the ERC had 2,867 client visits and served 226 new clients.



### WHY I GIVE

I often get asked: "What does the Community Support Centre do?" I always answer with one of countless stories I can recollect about the people who use the Centre. For instance, one early morning a man was at our door with his two young, sleepy-eyed sons. He was panic-stricken: his wife had left and emptied out their bank account. He needed to find immediate child-care so he could get to work. He was concerned about losing his job and not having enough money to pay his bills. After many phone calls our caring staff found child-care for his children as well as other necessary supports.



This particular story sticks with me because I will never forget those children and the fear and confusion in their eyes. I was extremely thankful for the Centre that day: I'm not sure where that man would have gone for help. This story is not unique to our community; things like this happen every day and I'm glad we are there to help. That is why I give.



### MEMBERSHIP APPLICATION



#### Membership Application

I would like to become part of a caring community



Membership Fees	Individuals	Business
<input type="checkbox"/> Member	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$50.00
<input type="checkbox"/> Supporter	<input type="checkbox"/> \$50.00	<input type="checkbox"/> \$100.00
<input type="checkbox"/> Partner	<input type="checkbox"/> \$100.00	<input type="checkbox"/> \$150.00
<input type="checkbox"/> Other	<input type="checkbox"/> \$	<input type="checkbox"/> \$

(Please check appropriate categories)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

103 Inverness Street, Caledonia, ON N3W 1B1