



A JOINT NEWSLETTER OF:

- Family Counselling Centre of Cambridge & North Dumfries
- The North Dumfries Community Health Centre
- The Social Planning Council of Cambridge and North Dumfries

On October 4, 2011 The North Dumfries Community Health Centre (CHC) began seeing patients at our brand new spacious location. We are slowly settling in and last minute finishes are being completed. We will plan an open house in the new year and invite the community in to see our new space and learn about the services available at the CHC.

Thank you to Jeff Mooney who donated a beautiful painting that brightens up our reception area. We also want to thank Gerry Kelly who has been a big help by volunteering his handyman services.

The CHC programs and services are open to everyone who lives in our catchment area. This area includes North Dumfries Township, Ayr, Clyde, Branchton, Plattsville, Drumbo and New Dundee. There is a complete list of programs in this issue that include an early year's playgroup, youth programs, programs for older adults and programs for young families. Medical care delivered by our Physicians and Nurse Practitioner are only available to registered patients. We currently have a waiting list for patients as one of our doctors remains off on maternity leave.

If you have any questions about becoming a patient at the CHC please call our receptionist at 519-632-1229.

Thank you to everyone who completed a needs assessment survey. Congratulations to Buffy Baker who won a gift card for completing a needs assessment survey. Your input will help us serve you better!



Front Entrance



Reception

New! – 'Youth Room' Drop In

Location: 'Youth Room' –
North Dumfries Community Complex

When: Every Wednesday, beginning
January 11th.

Ages: 12-18 **Time:** 3:30 – 5:30

Cost: FREE

Looking for a fun place to hang out after school with your friends? Do you enjoy Playstation Kinect, Movies and fun activities? Come out to the Youth Room at the North Dumfries Community Complex. Bring your friends!

What's New at the CHC!

Walk and Talk Coffee Hour:

Starting Tuesday January 17/12 from 1:30-3:00pm at the North Dumfries Community Complex in the Seniors Lounge. Come out and meet new people, walk the indoor track and then socialize over coffee.



Gym Jam – Recreational Drop In
Plattsville - Plattsville District Public School
Mondays: January 16th – March 5th
Ages: 5- 7 years: 6:00pm-7:00pm
Ages: 8-12 years: 7:00pm – 8:00pm
Cost: FREE

Gym Jam – Recreational Drop In
Ayr -Cedar Creek Public School
Tuesdays: January 17th – March 6th
Ages: 5- 7 years: 6:00pm-7:00pm
Ages: 8-12 years: 7:00pm-8:00pm
Cost: FREE

**There will be no
programs on
February
20, 22 & 23rd**

Uniquely Me – Girls Program
Location: NDCHC – Multipurpose Room
When: Wednesdays
Grades 4 & 5: January 11th – February 1st
Grades 6 to 8 : February 8st – March 7th
Grades 9 to 11: March 8th-April 4th
Cost: FREE

Kitchen Kids – Children’s Cooking Program
Location: NDCHC – Multipurpose Room
When: Thursdays
Ages 5-7 January 12th - February 2nd
Ages 8-12 February 9th—March 8th
Time: 6:00pm – 7:30pm
Cost: \$10 per participant



TO REGISTER for Youth Programs CALL Deb @ 519-632-1229 EXT 2228



Take a Break at The Kirkwood

Starting Thursday January 19/12, from 10:00 to 11:30 am at 191 Stanley Street Ayr, Community Room. This group meets weekly to explore health promotion and general interest topics with off site trips and guest speakers.
Cost: Free, Everyone welcome to attend!

Maplegrove Seniors

Starting Thursday January 19/12 from 1:30 to 3:30 pm at the Maplegrove Apartments, 43 Oxford Street East, Drumbo ON. This group meets weekly to explore health promotion and general interest topics with off site trips and guest speakers. **Cost: Free**

Tuesday Morning Stories:

Tuesday January 17/12, from 10:00 to 11:00 am, at the North Dumfries Community Health Centre. Weekly programs for parents/caregivers of children aged 2 – 5 are offered including stories, craft, light snack, and circle time. **Cost: Free.**

Registration Required, Please call Shelley to register, 519-632-1229, ext. 2229

Healthy Smiles/Healthy Kids

Good oral health is important to your child's overall health. Healthy Smiles Ontario is a **free dental program** for kids 17 and under who do not have access to any form of dental coverage. Call (519) 883-2222 Option 1 for more information.

Preschool Playgroup

Please come and enjoy parent/caregiver guided activities such as: * crafts *painting * free play * Circle Time from 11:00-11:15

Mondays or Thursdays from 10:00-11:15 am
The North Dumfries Community Complex—
Fitness Room

*Participants will be asked to choose **ONE** day per week in order to accommodate all interested participants***





**Self-Serve Employment
Resource Centre**

The employment resource centre is a self-serve centre with resource personnel to assist you upon request.

All employment resource services are free and open to the public.

Free access to:

- *Computers
- *Printers, phone, fax, photocopying
- *Service Canada job bank
- *Employment workshop information
- *Cambridge Career Connections & Lutherwood employment referral service
- *Friendly staff to assist you

The Family Counselling Centre is a not-for-profit organization that has been helping individuals and families for 70 years now. Our satellite office is located right here in Ayr at the Community Support Services office at 80 Stanley Street, while our main office operates out of Cambridge. We look forward to continuing to serve the community of Ayr and, as always, to hearing your feedback. The following will give you an idea of the many things we do here at the Family Counselling Centre/Community Supports. Please don't hesitate to drop in or give us a call with any inquiries. Also, please remember that there are always other things happening between printings, so watch the Ayr News and our front window for updates!

Happy Accreditation!

We are proud and pleased to announce our agency accreditation with the Canadian Family Services Accreditation Program. The program promotes quality assurance by evaluating Governance and Admin, Family Counselling, Family Life Education, Community Support Services, Employee Assistance Program and Families and Schools Together to an established standard.



Walk-In Counselling Service:

The Family Counselling Centre offers a walk-in counselling service to the community of Ayr and the surrounding area,

Tuesdays from 2-7 pm.

We are dedicated to offering compassionate, confidential and accessible counselling and support services. Promoting healing, hope and healthy relationships since 1940.

A very special thank you to the community of Ayr and surrounding area who so graciously gave donations for the Christmas season and throughout the 2011 year. Your thoughtfulness is always supportive and helps so many in our community.

Seniors Young At Heart Group

The Seniors Young At Heart group continues to meet for lunch and social programs, Fridays from 11:30—1:30 at Knox United Church.



Family Outreach Program :

a community-based program created to prevent and reduce the depth of child poverty in the Waterloo Region. Connecting low-income families with community resources & services. Assistance with food, clothing, shelter, transportation, recreation, child-care and counselling. Community referrals welcome.

Reminder: Our food cupboard helps a number of low income families on a regular basis. Donations are always welcome, especially around holiday times and over the summer months.



Here in Ayr your team members @ 80 Stanley Street are
Brenda (Outreach) and
Lori (Manager of Partnerships & Community Investment)





Social Planning Council of Cambridge and North Dumfries



The Social Planning Council of Cambridge and North Dumfries Launches Three New Reports

The Youth Population in Cambridge and North Dumfries

Our youth represent the future of our community, and yet compared to adults youth face some unique challenges. Based on Census statistics together with local agency data, this fact sheet focuses on the youth population in Cambridge and North Dumfries and includes information on educational attainment, labour force participation, unemployment rates, suicidal behaviour, homelessness and more. This is the fourth fact sheet in a recent series. Previous fact sheets have focused on Seniors in Cambridge and North Dumfries, Recent Immigrants to Cambridge, and Disability in Cambridge and North Dumfries. This publication is now available on our website at www.socialplanningcouncil-cnd.org

Understanding the Current Service Landscape within the Immigrant Settlement Sector

Given the importance of immigration to Waterloo Region and the extent of services provided by immigrant serving agencies the Social Planning Council of Cambridge and North Dumfries and United Way of Kitchener Waterloo and Area wanted to solicit the views of program managers and those who support them on the current environment in which they operate. The information gathered is summarized in the report “*Understanding the Current Service Landscape within the Immigrant Settlement Sector*” which was published in November 2011.

North Dumfries Needs and Capacity Assessment – Community Survey Results

Every 5 years the Woolwich Community Health Centre conducts a community needs and capacity assessment. These assessments focus on Woolwich, Wellesley and Wilmot Townships and provide a description of these communities through data from various sources. The intent has been to identify common themes of significance for the health of residents and help inform program planning and decision-making. Up to now there have been no similar studies in North Dumfries. The report “*North Dumfries Needs and Capacity Assessment – Community Survey Results*”, a joint undertaking between the Social Planning Council of Cambridge and North Dumfries and the North Dumfries Community Health Centre, was published in December 2011. The intent of this report is to begin to fill the gaps in knowledge about access to health care and other services in North Dumfries, to understand what is important to Township residents, and to learn what services and programs residents would like to see in their community.

Happy New Year from everyone at the
North Dumfries Community Health Centre, Social Planning Council of
Cambridge and North Dumfries , and Family Counselling Centre/
Community Supports of Cambridge and North Dumfries