



AMHERSTBURG COMMUNITY SERVICES

August 2010 NEWSLETTER

Volume 1, Issue 8



OUR SERVICES

- **Meals on Wheels-**
Amherstburg, LaSalle, Harrow & McGregor
- **Care A Van-** Amherstburg & LaSalle
- **Security Reassurance**
- **Friendly Visits** – Amherstburg & LaSalle
- Dress to Impress
- **Service Canada** – Aug 5 & 19
- Service Canada – **CPP/OAS Clinic** Aug 10 (appointment needed)
- Job Bank Web Site
- **Legal Aid Lawyer** – Aug 12
- Keep the Heat
- Coats for kids
- **National Child Benefit Supplement**
- Credit Counselling Services
- **Family Service Windsor/Essex**
- **House of Sophrosyne**
- Private Counselors Available
- **Sexual Assault Crisis Ctr**
- Teen Health Counselling
- **Teen Health Nurse**
- Windsor Regional Children's Ctr
- **Hiatus House Women's & Men's Groups (separate days)**
- Youth & Family Resource Network
- **Computer Classes** – Ongoing Mondays and Fridays

No one is more cherished in this world than someone who lightens the burden of another. Thank you.

~Author Unknown

HOW TO CONTACT US

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FIND US ON THE WEB AT:

www.amherstburg-cs.com

VISIT US ON FACEBOOK

'AMHERSTBURG COMMUNITY SERVICES'

Your generous donations keep our programs running!

Please make your cheque payable to

Amherstburg Community Services

Tax receipts issued for amounts over \$10.00

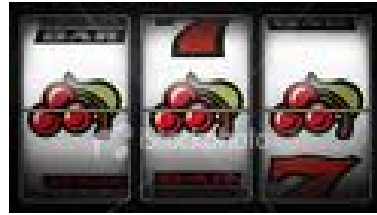
Have you kissed someone today?

DID YOU KNOW?

Kissing releases the same neurotransmitters (chemical messengers in the brain) as those that are released when you engage in intense exercise such as running a marathon or skydiving. This causes your heart to beat faster and your breathing to become deep and irregular.



AMHERSTBURG CARE-A-VAN SPECIAL TRIP



August 23, 2010– Come try your luck at the Windsor Racetrack Slots! Spend the day playing the slots and have lunch at their restaurant.

Call Laura today to book your spot on the Bus at 519-736-5471.

Our next trip to look forward to: Canadian Transportation Museum & Heritage Village Flea Market

FRIENDLY VISITS PROGRAM

Friendly visiting is a regular visit between two people, one a volunteer and the other a person who is known to need a "friend". Friendly Visitor volunteers build relationships with participating seniors providing companionship, emotional support and practical assistance. Support is tailored to individual needs. Regular visits stimulate physical and mental health and reassure seniors that they are a vital member of the community.

Volunteers are love in motion! Author unknown

Call Renata today to become a client or to volunteer 519-736-5471

Funding is provided by Erie St Clair Local Health Integrated Network/Ministry of Health and Long-Term Care, Public and Private donations.