

FALL NEWSLETTER 2019



Onward Willow Neighbourhood Group & Community Centre

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Onward Willow Neighbourhood Group Programs & Events

EXCITING NEWS!!

Friday September 20th Onward Willow Neighbourhood Group brings you

"A DAY OF PAMPERING"

with the amazing Brian from **Nails by Brian** & 2 hairstylists from **La Luma Salon & Academy** are offering complimentary haircuts between 10:30am-3pm! Limited spots available! To book an appointment, please call OWNG at 519-824-6892.

MONDAYS Join a group of great volunteers at Willow Road Public School for the **OWNG Homework Club**. Kids receive help from trained volunteers on subjects including reading, writing, science, math, geography, history & French homework skills. This is a FREE program running Monday nights 5:30pm-7:00pm. Please contact Liz Vardon for more info or to register: elizabethvardon@icloud.com/519-767-8642.

SATURDAYS Zumba is held at Shelldale Family Gateway every Thursday at no cost 6:30pm-7:30 and Saturdays for pwyce 10am-11. Come out, get active, and have fun!

Spreading Roots Community Yoga Classes: This class will take place at Paisley Road P.S. starting this October—weekday to be announced so stayed tuned! Please contact sacredearthconnections@gmail.com for more information about the start day & date.

Holiday (Christmas) Food hampers: There will be three dates available again this year to sign up for Christmas food hampers for individuals, couples, and families: The dates will be chosen by the end of October and sign-up will take place at Shelldale Family Gateway. Please keep an eye out on our Facebook page, website (www.onwardwillow.ca) or call either Onward Willow NG (519-824-6892) or Shelldale (519-824-8498) for dates **after the last week of October**.



Cookies & Milk with Santa!

Onward Willow Neighbourhood Group is thrilled to announce our 2nd annual Cookies & Milk with Santa happening on **Saturday December 7th at Shelldale Family Gateway between 2pm-4pm**. Get into the festive spirit with an afternoon of Santa visits & gingerbread decorating at this fun, free, family event. Please call OWNG @ 519-824-6892 to register. **Free event registration required!**

Hello Friends!

Greetings from your neighbourhood group! We hope you had a fantastic summer and the kids are settled in and enjoying being back to school with their friends. The summer months sure did pass by quickly! Please find a list of community events, resources, and other neighbourhood news included in this Fall Newsletter. We hope you enjoy the updates and information about some great community resources you can access at no cost. If you'd like to keep up with what's new, sign up for an online version of our quarterly newsletter, please contact Shauna at:

shauna.owng@gmail.com.



From Susie & Shauna

ONWARD WILLOW NEIGHBOURHOOD-GROUP SERVICES



Employment Services offers FREE help with resumes and job searches at Onward Willow NG on a monthly basis. No appointment necessary! Check our Facebook page to find out when David is here to help! Or, to make an appointment with David directly, please e-mail



Did you know Pet Protect provides wet and dry dog and cat food for OW community members FREE? There is always a good variety to choose from for your furry friend's needs. Available at Onward Willow Community Centre with valid ID for those in the Willow area only.

Food Cupboard: OWNG offers community members access to a food hamper once monthly with ID showing a Willow area address. We offer COBS Bread & pastries, frozen meat, fresh produce when available, and a variety of shelf stable foods.

FREE Clothing Closet: come in and check out our large clothing closet! We have seasonal clothing, shoes, purses, scarves, gloves, and more for the whole family!

FREE computer & internet use, printing, faxes and copies are available at our community centre.



Palmer Cleaners generously hosts an annual winter coat drive for OWNG beginning in November. If you or a family member are in need of a winter coat, you can choose from a large selection of kids, youth, and adult sizes in November.

Support & Referrals: If you are in need of support or help with referrals to local services, please come in and see us! We can offer referrals to organizations such as the legal clinic, help community members find furniture, provide information on job/skills training, support groups, parental supports, free programs and much more. We'd love to see you! Please contact Susie at: onwardwillownsw@gmail.com with any questions.

FREE COMMUNITY RESOURCES

FREE Dental Programs: Free dental cleanings and urgent dental care is available for children and youth are available through WDG Public Health. To learn more, call the Dental Line at 1800-265-7293 ext 2661. Also keep an eye out for a new Senior Dental Program rolling out this fall.

Guelph ID Clinic: If you or someone you know is in need of replacing identification, the Guelph ID Clinic can help. 'Please visit the ID Clinic Wednesday Mornings, 176 Wyndham St. N. Downstairs Atrium from 10:00 am to 12:00 pm'

Did you know that the Children's Foundation funds the Free to Grow program for those eligible?

The Free to Grow Program will still fund recreational activities like sports, arts and camps, and **starting in 2019, it will also fund life-skills development activities** such as babysitting, driver's education training, tutoring and more. Funds are available for the activity of the child's choice as long as the activity will benefit and enrich their own personal development.

If you are in need of financial assistance for your child to attend an extracurricular program, you can apply at: <https://www.childrensfoundation.org/what-we-do/free-to-grow>.

Onward Willow Neighbourhood Group supports our diverse community by offering free events & services for community living between Edinbrugh & Hanlon Pkwy and Paisley to Woodlawn Rd.