



**A JOINT NEWSLETTER OF:**

- *Centre for the Community Group of North Dumfries Township*
- *Family Counselling Centre of Cambridge & North Dumfries*
- *The North Dumfries Community Health Centre*
- *The Social Planning Council of Cambridge and North Dumfries*
- *YMCA of Cambridge*

## Mini Grants Support New Projects

The Social Planning Council of Cambridge and North Dumfries is pleased to announce that applications are now being accepted for a third and final round of mini-grants under the *Building Community Capacity in Rural Waterloo Region* initiative. These grants have been made possible through a financial contribution from the Lyle S. Hallman Foundation.



The mini-grants are intended to support new projects that enable residents to apply their skills and talents to address important challenges, opportunities, or needs in Waterloo Region's rural communities. Grants of up to \$1,000 are available. In some cases grants will be made to support ongoing or existing activities particularly when those activities grow to involve more residents, new partners, or new strategies. Mini-grant funds can be used to provide supplementary funding for projects that already have grant funding assistance providing the mini-grant funds are used to pay for things that a grant cannot specifically cover.

LYLE S. HALLMAN  
FOUNDATION

Proposals can be submitted until June 1, 2009. Complete grant guidelines, examples of past mini-grant projects, and application forms are available on the Council's website at [www.socialplanningcouncil-cnd.org](http://www.socialplanningcouncil-cnd.org) or call 519-623-1713.

## Information You Want on Services You Need

### We have information about...

- \* Social Services
- \* Seniors' Programs
- \* Housing
- \* Legal Services
- \* Community Groups
- \* and MORE!

Information Cambridge and North Dumfries is one of over 70 information and referral providers in the province.

Information and referral services provide an accessible and confidential link between people with questions or problems and the services designed to meet their needs. Staff are trained specialists who also provide needed research and follow-up to ensure clients are understood and helped.

Give us a call at  
(529) 740-3030 or visit  
[www.informationcnd.org](http://www.informationcnd.org)



**Social Planning  
Council of  
Cambridge and  
North Dumfries**



*Information*  
Cambridge and North Dumfries



# North Dumfries Community Health Centre Spring Schedule 2009



	PROGRAM	AGE	DAY	TIME	LOCATION	COST
<b>Y O U T H</b>	<b>Gym Jam – Ayr</b>	5-7	May 5— June 23	7:00-8:00	Ayr Public School (pending approval)	Free! Drop in
	<b>Gym Jam – Plattsville</b>	5-7	May 7—June 25	7:00-8:00	Plattsville Public School	Free! Drop in
	<b>Morning Sports and Games</b>	5—7	July 6 –10 , July 20 –24 August 4-7	9:00—10:30 am	Cedar Creek Public School	Free! Drop in
	<b>Morning Sports and Games</b>	8—12	July 13 - 17 July 27 - 31	9:00—10:30 am	Cedar Creek Public School	Free! Drop in
	<b>Summer Day Camps</b>	8-12	July 6 –10 July 20 – 24	12:30—3:00	Cedar Creek Public School	YES , in advance
	<b>Summer Day Camps</b>	5—7	July 13 - 17 July 27 - 31 August 10 - 14	12:30—3:00	Cedar Creek Public School	YES, in advance
	<b>Take a Break</b>	Adults	June 18 - August 6	10:00—11:30	Multipurpose room CHC	Free!
	<b>Drumbo Older Adults group</b>	Older Adults, 55 plus	June 4 - June 25 July 2 - July 31  ** Off site trip June	1:00 – 3:00 pm	Maple view Apartments - Drumbo	Free!
<b>A D U L T S</b>	<b>Stories in the Park – Victoria Park</b>	Parents and children 0 – 5 years, This is a parent participating program.	June 29 – July 27	2:30 – 3:30 pm	Band stand at Victoria Park, Ayr	No, Pre-registration requested, but drop ins welcome
	<b>Stories in the Park – Schmidt Park</b>	Parents and children 0 – 5 years, This is a parent participating program	July 8 - August 5	10:00 – 11:00 am	Shelter at Schmidt Park	No, Pre-registration requested, but drop ins welcome

## Summer Playground

Registration will take place on Thursday June 4, 2009 5:00-7:30 at the CHC.

Cost: \$10.00/week

Max. 2 weeks/child

(Please note that a small fee may be applied to help cover certain special events.)

# North Dumfries Community Health Centre Moving In!

The North Dumfries Community Health Centre (CHC) has overcome its last hurdle and will move into the new location by the end of May. Our staff is anxious to get settled so we may begin welcoming local residents to their new CHC, a satellite of Langs Farm Village Association.



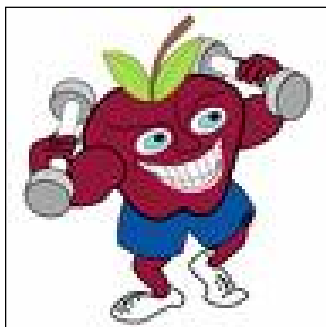
We are also very pleased to welcome a new staff member to our team. Dr. Almas Jakda will be joining Dr. Elaine Parker in providing primary health care to residents in our catchment area. Dr. Jakda is accepting new patients. Please feel free to call the health centre to register. Our new phone number in Ayr will be 519-632-1229 or toll free at 1-877-632-1229.

Our mission at the North Dumfries CHC is *to enhance community participation and well – being by providing accessible programs and services for people of all ages.* We will be looking for community direction in order to ensure we are meeting the needs of the residents we serve.



Please stay tuned for more information about our move and plans to stop by and visit us in our new [Ayr location at 53 Hilltop Dr.](#)

## Health and Wellness Services to keep you Happy and Healthy



**FREE**

### **Nutrition and Social Work Counselling**

Available for all individuals living in our catchment area.

You do not have to be a patient of the health centre to receive free counselling.

Please call Nicole Brooks, Registered Dietitian, or Heather Harmony, Social Worker to book an appointment.

You can contact the Community Health Centre for these workshops at our new number in our new location at 519-632-1229

Stay tuned for a new upcoming health & wellness workshops scheduled for this fall.

Topics to be discussed may include

- **healthy eating**
- **exercise**
- **stress management**
- **relaxation exercises**
- **sleep**
- **importance of social support**

Spring has sprung, welcome to another season! The Family Counselling Centre is a not-for-profit organization helping individuals and families alike, and is located at the Community Support Services office, 80 Stanley Street, Ayr. We look forward to continuing to serve the community of Ayr and, as always, look forward to hearing your feedback and your ideas.

Our format for this edition of the newsletter has changed slightly, but as always, 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 you might have. Also, please remember that there are always other things happening between printings, so watch the Ayr News and our windows for updates!

### **Kettle Lake Summer Camp**

Located at Pinehurst Conservation Area  
Outdoor Summer Day Camp

July 13 - 17

July 20 – 24 &

July 27 - 31



Activities include hiking, games, crafts, swimming, canoeing, special guests, theme days and Hot dog Fridays

### **Employment Assistance**



- Access to Government websites and other job searching websites
- Employment related fax and phone service
- Resume, cover letter and application review

Local job board

### **Computer Course**

- Learn basic computer skills
- 1 on 1 hands-on learning  
Geared to a pace that works for you



### **Community Outreach**

The Community Outreach Program is 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, childcare and counselling
- Community referrals

### **Counselling Services**

- Individual, Couple & Family Counselling
- Credit Counselling
- Employee Assistance Program
- Non-Violent Choices—Support Groups
  - ⇒ Partner Assault Response
  - ⇒ Women Helping Women
  - ⇒ Healthy Relationships: Dealing with Anger
  - ⇒ Groups to improve self-worth, self-responsibility, communication skills, and self-care

Your team @ 80 Stanley Street, Ayr:

Jessica (Employment Options)

Brenda (Outreach) &

Lori (Community Development)

*The mission of the Family Counseling Centre of Cambridge and North Dumfries is to provide counselling to individuals and for relationships, as well as outreach services in a safe, caring and respectful environment. We work towards creating a positive community atmosphere where we all can thrive.*

# Summer Time Programs



## Overnight Summer Camps:

- Camp Bellwood
- Camp Ki-Wa-Y
- Camp Wabanaki
- Wabanaki Voyageurs
- Wabanaki Family Camp

## Day Camps:

- Ki-Wa-Y Days
- Kitchener-Waterloo
- Cambridge

## Too old for Camp?

## Been there? Done that?

Z beside the Y Youth Centre offers drop-in programs for teens 12—17 every afternoon and evening. Foosball, ping pong, pool tables, video games, sports, computers, hip-hop dance lessons and more. You don't have to be a YMCA member to attend. **Most activities are FREE!** The Z is located beside the Chaplin Family YMCA in Cambridge.



The YMCAs also offer a variety of Leader In Training opportunities for youth looking for some adventure and some experience before they seek employment. Stay afterwards and volunteer at the YMCA

## YMCAs of Cambridge and Kitchener Waterloo

# Before and After School Programs

**Ayr Public** and **Cedar Creek Public** schools offer YMCA School Age programs. Children enrolled at St. Brigid Catholic School are bused to the YMCA Afterschool program located at Cedar Creek Public School.

To register for a YMCA School Age Program in North Dumfries call: 519-622-3785 and speak to Jennifer.



For more information on the YMCAs, visit the web sites at: [www.ymcacambridge.com](http://www.ymcacambridge.com) and [www.kwymca.org](http://www.kwymca.org)



YMCA

We build strong kids,  
strong families, strong communities



## Moving in the Right Direction

### UPDATE: Things Are Starting To Move

#### Great Gala Event

The Centre for the Community Group (CCG) just completed another great Gala event. With over 260 people in attendance, we were able to raise \$20,000.00. In this economic climate this is a tremendous accomplishment. One of the highlights of the evening was an update report from Mayor Kim Denouden. She outlined the Township's work to date on the multi-use recreational facility project. She pointed out how the Township had submitted an application for federal stimulus funding. She also indicated that the councilors were all hard at work to try and identify some potential sites for the facility. It is clear that Township council is supportive of the cause, as they were all in attendance at the Gala, and are working diligently to try and make something happen in the community. Mayor Kim encouraged us to continue with our fundraising efforts and to be patient with respect to the work that is being completed by the Township council. We have heeded that advice and have been working on fundraising plans as we wait to hear from the Township about more positive news for our project.

*All thanks to the Gala supporters, corporate sponsors, community supporters, those in attendance and the volunteers that dedicate many hours to help create such a wonderful event.*

The Gala organizers are already working on next year's event and you can expect some very interesting changes and innovations for next year.

#### Golf Anyone?

The CCG also has its upcoming Golf Tournament at

#### Foxwood Golf Club

**Friday August 21, 2009.** Russ Hutchings, our tournament director extraordinaire, is hard at work mobilizing the team and getting everything in order for another fabulous "swinging" time. For more information you can contact Russ at 519-632-9622



#### Fundraising Feasibility Study

In addition to these events, the CCG Fundraising Committee had engaged, along with financial support from the Township, the services of Campaign Coaches. Campaign Coaches is a local fundraising consultancy. They were hired to prepare a Fundraising Feasibility Study in connection with a multi-use recreational facility for the community. Their report was in the process of being completed at press time for this publication. The details of the final report will be disclosed in due course but the early



indicators from the report are that there is a very strong and positive response to a local, grassroots fundraising campaign for a multi-use recreational facility. The report will form the basis for structuring a fundraising campaign and fundraising team, which the CCG hopes to begin putting together over the summer with a potential start date in the fall, 2009. The CCG, and particularly the fundraising committee, would like to extend a special thanks to everyone that took the time from their busy and hectic schedules to spend some time with the consultants and provide them with feedback and information. Your assistance and input into the fundraising process is invaluable and we appreciate your efforts in that regard.

#### What's next?

Many will be wondering where we go from here. The CCG will continue to organize its annual events and maintain a level of awareness of the project within the community. The CCG will take the next steps toward organizing the more substantial fundraising campaign. The initial steps for this fundraising campaign will start over the summer. At the same time, we wait to hear from Township. Once we have heard about federal funding and a site, we will be ready to move immediately and work to turn this dream into real bricks and playing fields.

**If you are interested in getting involved with the project please feel free to contact me, Rob Deutschmann, at 519-632-9099 or by email at [rob@deutschmannlaw.com](mailto:rob@deutschmannlaw.com)**