



Out of the Cold | Welcome Aboard | Between a Rock and a Hard Place

CAMBRIDGE SHELTER'S FAMILY ACTIVITY GUIDE

- Extensive library in third floor lounge with both adult and children's books and magazines
- Crafts, colouring books and toys
- Temporary Library Cards & Access to Mom & Tot groups at the Library
- Passes to the YMCA, including the Zed beside the Y youth program
- Yoga at Cambridge Shelter every second Tuesday of the month
- Skating at Cambridge Ice Rink every Wednesday
- Bowling at Country Bowl on scheduled dates
- Cambridge Winter Hawks hockey games, every Saturday night home game during the season
- Special activities during holidays and on professional development days

PROGRAMMING AVAILABLE AT THE SHELTER FOR PARENTS

- Literacy
- Life Skills
- Trustee Program
- Individual Family Case Plans
- Housing Help
- Job Search Help

COMMUNITY RESOURCES AVAILABLE

- Cambridge Active Self Help offers ceramics classes and workshops with mental health and peer support 519.623.6024
- Early Years Centre, educational and social programs for children 0-6 years, parenting courses, steps from The Bridges 519.740.8353
- Cambridge Employment Options career and employment training and placement 519.658.0004
- Cambridge Self-Help Food Bank, co-op food program, Small Steps to Success program for women 519.622.6550



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- John Howard Society, employment help and workshops for offenders, 519.622.0815
- Lutherwood CODA, employment readiness programs, computer usage, 519.623.9380
- Cambridge Interfaith Family Counselling, offers programs and counselling for individuals and families on a sliding payment scale, 519.622.1670
- Salvation Army promotes and sponsors family activities 519.623.1221

Please speak with Janis about any of these activities. When you have found permanent housing, we will connect you with your area neighbourhood association and help you to find furnishings and other household items.



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