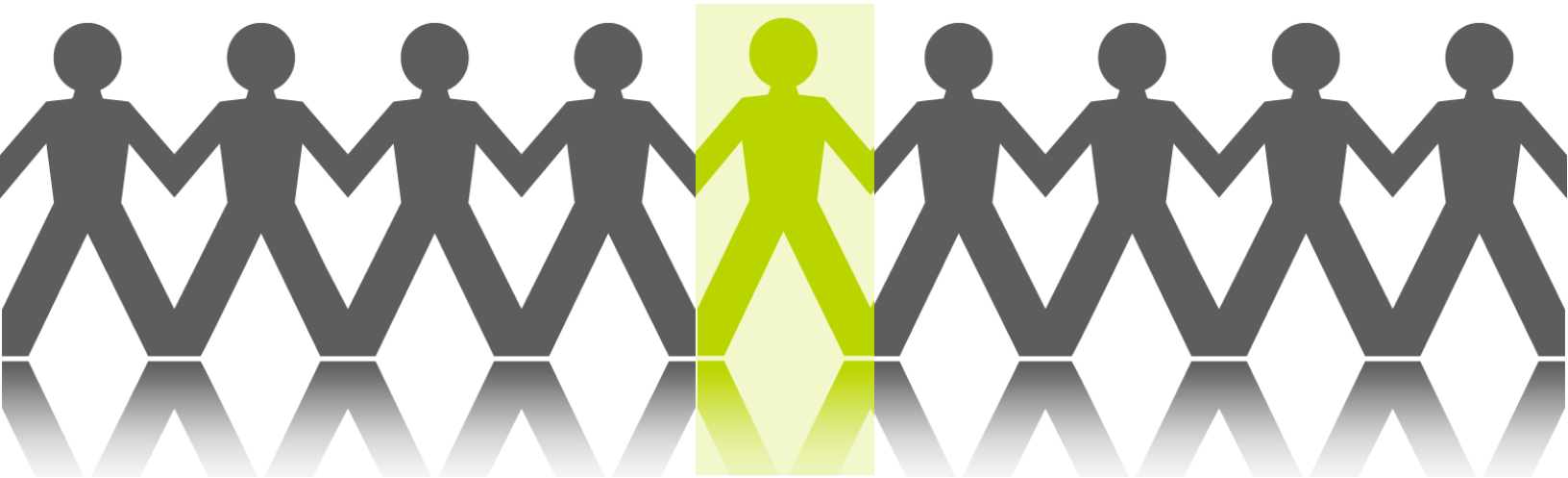


Community Services Directory

2011 - 2012



connecting people together

South London Resource Group

SLRG

Directory compiled by: South London Neighbourhood Resource Centre



September 2011

Key Contacts in South London Community

City of London

Spectrum Info & Facility Booking _____ 519-661-5575
Facilities (Mike Vandertuin) _____ 519- 686-8600 ext. 4
Children and Youth (Christine Wootton) _____ 519-661-2500 Ext 4758
Summer and Leadership (Laurie Quinlan) _____ 519-661-2500 Ext 5762
Ontario Works in SLCC _____ 519-686-8600 Ext 7395
South London Community Pool _____ 519-661-0920

London Public Library www.londonpubliclibrary.ca _____ 519-661-4600

Jalna Branch Library _____ 519-685-6465
Jalna's Employment Resource Centre _____ 519-685-2761

South London Neighbourhood Resource Centre

Executive Director/Community Development (Nancy Needham) 519-686-8600 Ext 7383
Families First in White Oaks/Westminster (Gerri Catherwood) _____ 519-649-1248
Community Support Worker (Tayiba Nasr) _____ 519-686-8600 Ext 7388
Community Living London (Diana Lindsay Roden) _____ 519-686-8600 Ext 7387
Youth Services (Cathy DeVries) _____ 519-686-8600 Ext 7384
Youth Volunteer Services (Amanda Ross) _____ 519-686-8600 Ext 7386
Adult Volunteer Services (Heather Molen) _____ 519-686-8600 Ext 7396
Newcomer Settlement Services (Mohamed Al-Adeimi) _____ 519-686-8600 Ext 7029
Settlement Outreach (Saleh Alathamena) _____ 519-686-8600 Ext 7350
Settlement Workers In Schools (SWIS) _____ 519-686-8600 Ext 7385
Job Search Workshops (Lisa Pace) _____ 519-686-8600 Ext 7031
Westminster Neighbourhood - NRAWP (Kelly Clark-Emery) _____ 519-680-0991

London District Catholic School Board _____ 519-663-2088
Ward 1 & 14 (Pedro Almeida) Ward 12 (Roy Mantle)

LDCSB Schools

Sir Arthur Carty (Paula Vanderhyden) _____ 519-660-2795
St Anthony's (Tony McConney) _____ 519-660-2777
St Francis (Ken Borris) _____ 519-458-4778
Regina Mundi Secondary School (Rick Sheardown) _____ 519-680-2797

Thames Valley District School Board _____ 519-452-2000

Ward 12 and 14 Trustees (Ruth Tisdale and Sheri Pudhill) _____ 519-452-2000 Ext 20219

Wheable Centre Adult/ESL _____ 519-452-2660 Ext 69674
White Oaks/SLCC ESL (Juliana Ostap) i.ostap@tvdsb.on.ca ___ 519-452-2000 Ext 38258

Nicholas Wilson P.S (Celia Handsaeme) _____ 519-452-8410

Key Contacts in South London Community

TVDSB Schools

Arthur Stringer P.S (Eileen Wise)	519-452-8030
Ashley Oaks P. S (Kerby Waud)	519-452-8040
Cleardale P. S (Cindy Mann)	519-452-8140
Rick Hansen P. S (Sheila Builder)	519-452-8500
White Oaks P. S (Helder Goulart)	519-452-8680
Wilton Grove P. S (Michelle Deman)	519-452-8700
Westminster S. S. (Sheila Powell)	519-452-2900
Sir Wilfrid Laurier S. S.(Joan Cooper)	519-452-2840

Faith Communities

Ambassador Baptist Church	519-672-4864
Chalmers Presbyterian Church	519-681-7242
Faith Lutheran Church	519-685-9700
Greek Orthodox Community	519-438-7951
Islamic Centre of Southwestern Ontario	519-668-2269
London Gospel Temple	519-685-1920
London Mosque	519-439-9451
St. Justin's Catholic Church	519-685-2795
St. Stephen's Memorial Anglican Church	519-681-5153
White Oaks United Church whiteoaksunitedchurch@bellnet.ca	519-681-3229
Southdale Chaplaincy southdalechaplaincy@bellnet.ca	519-685-2771
Salvation Army, Centre of Hope	519-661-0343
Ahlul Bayt Centre	519-649-1812
White Oaks Community Church	519-681-3229

Who to call in case of an emergency/crisis?

London Distress Centre	519-667-6711
Abused Women's Help Line	519-642-3000
Telehealth Ontario	1-866-797-0000
Kids Help Phone	1-800-668-6868
Hate Help Line	519-951-1584

Other Key Contacts

Baseball - Adult (Fran Vail)	519-681-9589
Baseball - Youth (Len Pattick)	519-681-3336
Block Parents (Gail McMahon)	519-661-5855
Scouts Canada	519-432-2646
City of London - Customer Service	519-661-5575
Community Council of White Oaks	519-686-8600 ext. 7394
Community Living London	519-686-3000

***Accurate as at September 2011

Key Contacts in South London Community

Ward 12 Councillor - Harold Usher _____	519-661-2500 ext. 4879
Ward 14 Councillor - Sandy White _____	519-661-2500 ext. 4876
Earl Nichols Arena _____	519-661-4485
Football - Minor _____	519-668-0207
Girl Guides (Harriet Kellestine) _____	519-652-3563
Knights of Columbus (Phil East) peast@sympatico.ca _____	519-681-5238
London Children's Connection _____	519-471-4300
Middlesex London Health Unit _____	519-663-5317
MP London/Fanshawe (Irene Mathyssen) _____	519-685-4745
MP London/Elgin Middlesex London (Joe Preston) _____	519-637-2255
MPP Elgin/Middlesex (Steve Peters) _____	519-631-0666 ***
MPP London/Fanshawe (Khalil Ramal) _____	519-668-1104 ***
Neighbourhood Watch London _____	519-661-4533
Neighbourhood Resource Association of Westminster Park (Gary Williams) gary9williams@execulink.com _____	519-681-2638
Police - City of London _____	519-661-5670
Red Cross _____	519-681-7330
Second Stage Housing _____	519-642-3003 Ext 3221
South End Soccer _____	519-681-3650
St. Leonard's Justice Circle - Marg Bacon _____	519-850-3777 Ext 22
St. Vincent de Paul _____	519-685-2795
Tyke Talk (Diane Belanger) _____	519-663-5317 ext.2224
Westminster Optimist (Wes Veenstra) wveenstra@rogers.com _____	519-680-0991
Westminster Optimist Centre _____	519-680-0991
White Oaks Optimist (J.R Wilton) _____	519-681-2989
WIL Employment Connections (Devin Munro) _____	519-663-0774 Ext. 268
WrapAround (Shannon Theriault) _____	519-438-4783 Ext 28
Women's Community House _____	519-642-3003
Youth For Christ (Bob Black) _____	519-686-0093
LINC Language Classes (Jo-elle Rinker) _____	519-645-7553 Ext 2222
London Transit Commission (Buses) www.londontransit.ca _____	519-451-1340
Access Centre for Regulated Employment (ACRE) _____	519-858-5431
London Fire Department (Jason Poole) _____	519-661-2500 Ext. 5278
Merrymount Children's Centre— www.merrymount.on.ca _____	519-434-6848
Ontario Early Years Centre—London Fanshawe www.ontarioearlyyears.ca _____	519-455-2791
Over 55 (Ron McNish) _____	519-680-1464

South London Networking Resource Group

SLNRG is comprised of service organizations, volunteer groups and citizens actively involved in the White Oaks/Westminster Community. Meetings are open to the public. Please call the South London Community Centre at **519-686-8600** with your concerns or for the next meeting date.

Please contact individual organizations for details of specific programs and times.

Families First

Real Help...Right Here...Right Now...For Families That Need It The Most



FAMILIES FIRST - CAPC (for families with children birth-6 years) Programs & Services in White Oaks & Westminster 519-649-1248 or www.slncr.org



* **WELL BABY AND CHILD CLINIC** - This program is offered through the Middlesex London Health Unit. Come to speak with a health nurse about your baby's development, breastfeeding concerns, or to have your baby weighed.

* **BABY FOOD BANK & EMERGENCY FOOD CUPBOARD** - Emergency service providing formula, jarred food, cereal, and diapers as supplies last.

* **ARABIC WOMEN'S PARENTING GROUP** - Facilitated in Arabic. Participants connect with each other as they discuss parenting issues and learn about their community. Educational childcare is provided. **Registration required!**



* **YOUNG MOM'S GROUP (mom's 21 years old and under)** - Tuesdays 4 to 6 p.m. at the South London Community Centre. Parenting issues are discussed as well as attachment, relationships and child development. Snacks provided. **Registration required**

* **SPANISH MAPP MUTUAL AID PARENTING PROGRAM** - Facilitated in Spanish. Participants learn about parenting, child development and life skills. Educational childcare is provided.



* **COLLECTIVE KITCHEN** - Support and educational group to provide information on nutrition, safe food preparation, food budgeting and physical fitness. Educational childcare is provided.

* **REACHING OUT TOGETHER** Women's support group Thursdays at the South London Community Centre 6 to 8 p.m. Educational childcare provided.

* **DROP-IN PLAYGROUPS** - Parents and caregivers with children 6 years of age and under enjoy free playtime, crafts, games and snacks. Check schedule available at SLNRC for times and locations.



* **SCHOOL'S COOL** - This 72 hour/8 week preschool learning readiness program provides an opportunity for 3 to 5 year olds to develop the skills they will need to be successful upon entering school. This course introduces children to a rich variety of new learning experiences building on their social, language, reasoning and self help skills. **Registration required.**

** Programs available in Westminster (1043 Southdale Road E.)*



Public Health
Agency of Canada

Agence de la santé
publique du Canada





South London Youth Centre Empowering...Engaging...Inspiring Youth

South London Community Centre, 1119 Jalna Blvd.
Phone: 519-686-8600 E-mail Cathy: cdevries@bellnet.ca
Website: www.slncr.org Facebook: southlondon youthcentre

Would you like to be part of the Youth Council? Are you a South London youth who would like to make a difference in your community? Have an idea that you would like to share? All youth are welcome to submit their ideas about youth programs/events and community ideas whether you are a member or not.

We want to hear from you!



Power Hour - For: 11-14 years When: Tuesdays, Wednesdays and Thursdays
Time: 3:45-5:00pm Cost: FREE

Come out and play a game of pool, wii, fooseball, air hockey, help with your homework!

Hang Time - For: 11-16 years When: Thursdays Time: 6-8pm Cost: FREE

Come out and participate in various activities including games, sports, crafts....Come and hang out with your Friends

Youth Chefs - For: 11-16 years When: Wednesdays Time: 5-7pm Cost: \$3/night. Come out and cook great meals with your friends.



For Girls Only - For: 11-16 years When: Wednesdays Time: 7-9pm Cost: FREE

Come out and participate in some fun activities. Girls Just Wanna Have FUN!!!

Time 4 Teens - For: 16-24 years When: Fridays Time: 3:30-5:00pm Cost: FREE

Come out and participate in many great activities! (In partnership with Community Living London)



Youth Guitar Program - For: 11-24 years When: Tuesdays Time: 5:00-6:00pm
Cost: FREE

This is a 10 week beginner program that gives basic instruction to acoustic guitar. Registration is needed to take part (Limit of 6 participants) Guitars donated by the Rotary Club of White Oaks

Youth Tutoring Program - For: Grades 4-12 Cost: FREE

Youth are matched with a volunteer tutor to help in various subjects.

March Break Program Activities - For: 11-14 years When: March Break. The Youth Centre Council provides activities throughout March Break. Please contact the Youth Centre closer to March Break to get the schedule of activities.



Summer Sunsation - For: 11-14 years When: 6 weeks throughout the summer.
Time: Monday-Friday, 10am-4pm Cost: \$130 (6 weeks)

This summer program creates so many memories for youth participants. Youth participate in a summer full of various activities, theme days and weekly trips. Please call closer to the summer to get all the needed information.

South London Youth Centre Empowering...Engaging...Inspiring Youth



Canadian Tire Jump Start Program (White Oaks) - A community based charitable program from the Canadian Tire Foundation for Families, helps kids in need to participate in organized sports or recreational activities like hockey, soccer and swimming. If your family is in need of assistance please contact Cathy at 519-686-8600 ext. 7384 (White Oaks area only). Applications can be picked up at the South London Community Centre.

Empowering Youth through Volunteering - Empowering Youth through Volunteering is a community based program for South London youth, 11-24 years if age. Our goal is to provide volunteer opportunities and training for youth who are facing barriers that limit their employment opportunities. **What we do?** Offer volunteer and leadership training, Connect area youth with local and citywide volunteer opportunities, Provide volunteer supervision & support, Provide job search, resume writing and Interview training, Assist youth in creating and implementing community events and activities, Support youth volunteers through advocacy, Support and assist youth in gaining employment in their community. For more information please call Amanda 519-686-8600 ext. 7386

National Youth Week 2012 - Each year the South London Youth Centre Council plans a special event to celebrate our community youth during National Youth Week and we are always looking for youth to help with the planning. Keep an eye out for meetings! NATIONAL YOUTH WEEK IS MAY 1-7

Laurier Afterschool Program - For: highschool ages students When: Tuesday-Thursday Time: 2:50-5:50pm Where: Laurier Secondary School ...Come out and participate in a program that focus on healthy eating and physical activity. Lots of fun activities planned!

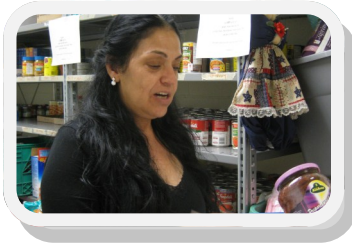
Westminster Youth Council and Youth Programs - There is lots going on in the Westminster area for youth! For more information and to participate please call Katie at 519-680-0991 and don't miss out!!!

Canadian Tire Jump Start Program (Westminster) - A community based charitable program from the Canadian Tire Foundation for Families, helps kids in need to participate in organized sports or recreational activities like hockey, soccer and swimming. If your family is in need of assistance please contact Kelly at 519-680-0991 (Westminster area only).

Westminster Diversity Committee - Students attending Westminster Secondary School are encouraged to join the Westminster Diversity Committee. The committee creates projects and organize special activities during lunch and afterschool that will bring awareness and celebrate cultural diversity at Westminster.



Local Community Programs



Tax Clinic

Free March and April for residents who are in need of this free service. Please call 519-686-8600 for more information

Baby Food Bank & Emergency Food Cupboard

Emergency service providing formula, jarred food, cereal, diapers as supplies last

Family Movie Night

(families) First Friday of the month (Oct-May), 7-9pm. Join your neighbourhood in our gymnasium and watch the newest movie releases on a theatre screen. Bring sleeping bags, pillows or blankets for the children. Children must be accompanied by an adult over 18 years of age. *(Free)*

English as a Second Language (ESL):

Classes are available for different levels of English. For more information, please call 519-452-2660 ext. 69674 (Thames Valley) or 519-645-7553 ext 2222 (LINC)

For more information, please call 519-686-8600

Intergeneration Computer Classes

Drop in free program—Learn the basic use of computer and internet— All year around Tuesdays 3:30 - 5:00 pm South London Community Centre in the library meeting room.

Multicultural Women's Support Group

Drop in program on Thursdays from 6:00 from 8:00 pm Socializing, crafts, presentation on different important topics, cooking and much more. Refreshment provided. Child care is available.

Friday Luncheon

Join other adults and community residents for a healthy and delicious lunch. Every Friday from 12:00 noon to 1:30 pm Only \$3:00 Adults and seniors only.

Multicultural Seniors Group

Drop in program on Thursdays from 3:00 to 5:00 pm. Join other seniors for a fun and exciting time...Play cards, dominos, trips, crafts, and much more. Refreshments provided.



Volunteers opportunities are available for the following activities and services:

Summer Camps

Food Bank

Reception Breakfast Club

Tutoring Youth in Grades 6-12

Special Events (Canada Day)

Family Movie Nights

International Cooking

Bingos

Friday Soup

Childcare Assistants

Youth Mentors

Assist with Newcomer Seniors

Youth Dance Chaperones

Computer Classes for beginners

Settlement Services

South London Residents are also needed for:

South London Neighbourhood Resource Centre - Board of Directors

Community Council of White Oaks South London Youth Centre Council

White Oaks Optimist Club Westminster Optimist Club

Neighbourhood Resource Association of Westminster Park

To be a volunteer please pick up an application at the South London Community Centre

For more information, please call 519- 686-8600



Newcomer Settlement Services



What we do for Newcomers to London:



Our Settlement Counsellors at South London Neighbourhood Resource Centre (SLNRC):

- Provide newcomers with necessary information to set up plans and goals to meet their settlement needs.
- Provide timely, useful and accurate information to assist them in making informed settlement decisions.
- Assist newcomers to cope with the problems of everyday living and navigate the Canadian system.
- Provide newcomers with information sessions on settlement and integration matters including rights and obligations, life in Canada, education, health, housing, legal matters, banking, social services, community resources ... etc. in order to increase their knowledge and ability to make their own decisions.
- Provide newcomers with information packages including web-based information sources and referrals to programs and services within SLNRC and outside.

Our Settlement Workers at designated Schools (SWIS-London):

- Assist newcomer students and their families to settle in their schools and community.
- Provide orientation to the education system (in conjunction with school board staff) and orientation to other Canadian customs and institutions.
- Provide information and referrals to education and community resources.
- Assist students and their families to strengthen their community connections.
- Provide orientation to the Canadian culture and society.
- Promote culturally sensitive links between school staff and newcomer families.
- Organize group sessions for parents and students about community resources.

Our LSP Workers at Jalna Branch Library:

- Provide information and referral for newcomer library clients.
- Provide clients with group information sessions and library tours in conjunction with library staff.
- Encourage newcomers to access library programs and services.

Our Job Search Workshops (JSW Program) gives newcomers:

- Thorough needs assessment by trained Assessors.
- One-on-one job search coaching.
- Pre-employment workshops conducted in computerized environment.
- Specialists who understand the job search needs of newcomers.
- Personalized action plan.
- An environment to learn about job search strategies and Canadian business perspectives.

Working hours

Monday -Thursday: 9:00 am-7:00 pm

Friday: 9:00 am - 5:00 pm

Saturday: 9:00 am - 4:30 pm

Our Services are free of charge in addition to Free access to fax, phone, internet and photocopying

Occasional Childminding available.

To help newcomers communicate and cope with day-to-day life in the community, our staff and volunteers speak many languages

1119 Jalna Blvd. London

Tel. 519 686 8600 Ext. 7350

www.slsrc.org



Funded by / Financé par



Citizenship and Immigration Canada

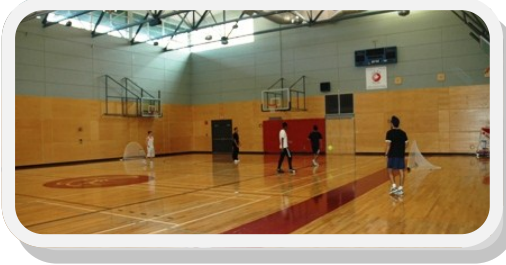
Citoyenneté et Immigration Canada

Canada



Neighbourhood Access/SLCC Activities

1119 Jalna Blvd



Gym Open (18 years and up):

When: Tuesdays, 1:00-2:45pm (September to June)

Where: South London Community Centre Gym

Cost: Free (Drop-In)

The Gym is open for adults to come out and play basketball, floor hockey and other indoor sports.



Bingo & Billiards (18 years and up):

When: Friday 9:30-11:30

Where: South London Community Centre (Teen Scene Room)

Cost: \$2.00 (drop in)

Come out and play pool, air hockey and Bingo, or just enjoy a coffee with friends.

Time 4 Teens (16 to 24 years):

When: Friday 3:30-5:00

Where: South London Community Centre (Teen Scene Room)

Cost: Free

Meet friends, learn new skills, gain volunteer opportunities, become a part of your community.



Basic Cooking (18 years and up):

Cooking Made Fun!

When: Wednesdays 9:30-12:00

Where: South London Community Centre Kitchen

Cost: \$30/6 weeks (registration required)

Learn how to cook delicious meals and enjoy your lunch with new friends!

Computer Development Class (18 years and up):

When: Thursdays 10:00-11:30 am

Where: South London Community Centre (Teen Scene Room)

Cost: Free (registration required)

Basic reading skills are necessary. Learn e-mail, internet, printing and saving documents, resume writing and anything that interests you.

If you have any questions, or would like more information, call 686-8600 ext. 7387

Jalna Branch Library

Jalna Branch Library - 1119 Jalna Blvd. 519-685-6465

Hours: Tuesday – Thursday: 9 am to 9 pm Friday: 9 am to 6 pm Saturday: 9 am to 5 pm

Membership Information:

Library cards are free to residents of London and to members of county libraries of Elgin, Middlesex and Oxford, except Woodstock and Tillsonburg. Provide personal identification and proof of residence to get a Library card. London Public Library members can borrow from and return materials to any LPL location. Material return chutes are available at every location for returns when the library is closed. You will be notified that your hold is available for pickup or when items are due by email or a phone message. The replacement charge for a library card is \$2.00.

London Public Library Website: www.londonpubliclibrary.ca

LPL's website will allow you to:

- View all of the Library's books, e-books, magazines, electronic resources and other materials by searching the online catalogue
- Manage your library account and view a list of borrowed materials, place holds, renew materials, and check due dates
- Obtain information about all of the Library's programs, services, and events

Databases and Newsletters:

With your Library card you have access to many information databases that can be found on the Library's website.

If you are using a computer from home, you will first be asked to log in using your name and library card number. Every month we send out free email newsletters with reviews of new and popular books at your Library linked right to the catalogue so you can place holds from your email on titles you choose.

Other Resources available at Jalna and the London Public Library system

- Jalna has books, magazines, DVDs, compact discs, books on CD, graphic novels, encyclopedias, books in Arabic, Spanish, French and other languages. If the item you want isn't available at Jalna, a hold can be placed to bring it to Jalna from another London Public Library location.
- Internet computers, which also provide word processing capabilities, can be used for up to 90 mins/day.
- Various programs for adults and children are available throughout the year.
- Storytime sessions for babies, toddlers and 3-5 year olds are offered regularly. As well, there is the summer reading club for children, family literacy events, craft programs, and a book club for adults.

Employment Resource Centre: 519-661-5100 x7425

What you can do at Jalna's Employment Resource Centre:

- Use the Internet to search the Job Bank and other job posting sites (e-mail résumés to employers)
- Fax résumés free of charge to employers anywhere in Canada
- Create professional-looking résumés and cover letters in Word, or Winway Résumé Wizard
- Print résumés and cover letters
- Obtain information on a wide range of community employment and career counseling services
- Apply for EI benefits online and pick up Social Insurance Number application forms.

Library Settlement Services (LSP):

Library Settlement Partnership (LSP): The LSP Settlement Workers provide information and referral services to immigrants, refugees and citizens to access library services/programs and other community resources. LSP is offered at Jalna in partnership with London Public Library, South London Neighbourhood Resource Centre and Citizenship and Immigration Canada. For more information about LSP, please visit www.lsp-peb.ca

City of London

FAMILY PROGRAMS

Family Smorgasport (8+)
Little Sneakers (3-4)
Parent/Tot Cooking (3-4)
Parent/Tot Music and Movement (2-3)
Parent/Tot Soccer (3)
Parent/Tot Arts and Crafts (2-3)

DAY CAMPS (Ages 5-12)

December Break - Dec. 21, 22, 23, 28, 29
(single day registrations)
March Break - March 15-19, 2010

PRESCHOOL PROGRAMS

Ballet Babies (3-4)
Incredible, Edible Books (3-4)
Little Sprouts Playtime (3-5)
Magical Holiday Craze (3-5)
Messy Madness (3-4)
Preschool Floor Hockey (4)
Preschooler Dance (3-4)
Preschool Basketball (4)
Preschool Soccer (4)



These programs are held at the
South London Community Centre
and/or
White Oaks Public School
during the 2010-2011 program year.



TEEN PROGRAMS

Babysitting Training (11-16)
Hip Hop (13-17)
Teen Badminton – Advanced (13-17)
Teen Yoga – Introductory (13-17)
Volleyball – Teen Rec (13-17)
Youth Basketball League (13-14)



(Program age ranges are noted in brackets)

Recreation Programs

CHILD/YOUTH PROGRAMS

Ballet (5-6)
Basketball (5-6, 7-9, 10-12)
Cartooning (10-12)
Cheerleading (9-12)
Drawing and Sketching (7-9)
Floor Hockey (5-6, 10-12)
Football – Introductory (7-9, 10-12)
Girls on the Move (7-9)
Hip Hop (7-9, 10-12)
Little Chefs (5-6)
Soccer (5-6, 7-9, 10-12)
Skipping (7-9)
Young Artists (5-6, 7-9)
Youth Basketball League (10-12)
Youth Park Stewardship (10-14)
Volleyball (7-9)
Volleyball (10-12)



ADULT PROGRAMS

(18+ unless otherwise noted)

Appetizers that WOW
Ball Hockey – Mens Cosom
Cake Decorating
Cooking – For One or Two
Long and Lean Fitness
Low Impact Aerobics (55+)
Soups and Hearty Salads
World Class Taste
World Class Taste – Just Desserts
Volleyball
Vegetarian Cooking
Total Body Workout
Yoga – Introductory



TO REGISTER
and for **PROGRAM DETAILS**
please call **519-661-5575**
surf onto www.london.ca
or consult the Fall/Winter
Spectrum



(Program age ranges are noted in brackets)

Local Community Organizations

Community Council of White Oaks

The community Council of White Oaks is an association of area residents, community organizations and local group. The goal s of the Council are:

- 1 Give support and advice to area residents in the development of their neighbourhood;
- 2 Sponsor various programs, services, community events and facilities;
- 3 Act as a planning body for area improvements; and
- 4 Promote a sense of community spirit in White Oaks and Cleardale.

The Community Council of White Oaks meets the 3rd Wednesday of the month , September to June.

If you have an idea or concern or if you would like to be involved, please call 519-686-8600 Ext. 7396

Westminster Park Optimist Club

The Optimist Club of Westminster is a group of concerned men and women representing a cross-section of the Westminster community and they volunteer in action for the good of youth in their community. The Westminster optimist operate the Optimist Centre and have participated in programs such as the Westminster Breakfast Club and many other programs and services through Westminster. For more information, please call Wes at

519-680-0991
wveenstra@rogers.com

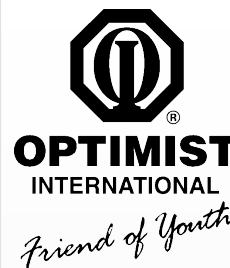
Middle Eastern Women's Association (MEWA)



The Middle Eastern Women's Association is a non-profit organization that believes in the moral and psychological support for each other. MWEA's aim is to support and encourage each other to adjust in a new society and to help one another to educate themselves and contribute constructively in the development of the community and the Canadian society in general.

For more information, please call Huda Hussein at 519-668-1439

The Optimist Club of White Oaks



The Optimist Club of White Oaks is a group of concerned men and women representing a cross-section of the South London community and they volunteer in action for the good of youth in their community. The White Oaks Optimist have participated in

programs such as: Youth Appreciation Award, Spelling Bees, Essay Contests, Easter Egg Hunt, Minor League Sports and Community Group Support, Children Safety Village, Educational bursaries and awards, Just Say No programs and much more! The White Oaks Optimist are looking for volunteers who would:

- Like to be involved in their community
- Meet other civic minded adults sharing the same ideas
- Develop social contacts with others in the community

Like to seize an opportunity to give something back to the community

Make the community a better place to live in
 Work with youth today to make a difference tomorrow

To contact a member for more information about our Club or to attend a meeting, please call 519-681-7260 or 519-681-3695



NRAWP

Neighbourhood Resource Association of Westminster Park

Neighbourhood Resource Association of Westminster Park (NRAWP)

This community based volunteer organization is made up of Westminster Park residents who strive to bring programs to the neighbourhood for all residents; both directly and through partnerships with other agencies. They support various programs such as the Westminster Youth Council and Breakfast Club and hold events such as Westminster Community Fun Day & Western Fair Youth Talent Search Competition. NRAWP meets monthly on the third Wednesday, at 6pm to discuss the positive development of their community.

If you would like more information or to become a member of NRAWP, please call Kelly at 519-680-0991 or contact Gary Williams gary9williams@execulink.com

South London Community Pool

585 Bradley Ave

(519) 661-0920

Registration at 519-661-5575

www.london.ca/aquatics



Come out and join in on one of these programs!

- Aquafit Classes – shallow and deep classes
- Red Cross Swimming Lessons
- First Aid, CPR, Leadership courses and more
- Recreational swimming
- Parent and Tot swimming
- Women only recreational swimming
- Adult only swimming
- Length swimming

Recreational Swim Times:

Mon-Wed, Fri – 7:15-9pm

Thurs – 3:30-5pm

Sat – 2-4:30pm, 6-8pm

Sun – 2:30-4:30pm, 6-8pm

Parent/Tot Swimming:

Mon, Wed, Fri – 2:30-3:30pm

Tues, Wed, Th – 10-11am

Adults Only:

Mon-Wed – 9-10pm

Family Swim:

Sun – 1-2:30pm

**All information is in effect until June 2010*

ADMISSION PRICES PER VISIT

Child (17 and under) - \$2.75

Adult (18-54 years) - \$4.25

Senior (55+) - \$3.25

20-SWIM PASS

Child - \$42.42

Adult - \$76.23

Senior - \$57.12

3-MONTH PASS

Child - \$82.71

Adult - \$148.33

Senior - \$104.75

Family (up to 2 adults and 4 children, must include one parent) - \$10.75 / swim

CANADIAN RED CROSS
519-681-7330, www.redcross.ca



Canadian Red Cross

The Personal Disaster Assistance Program (PDA) assists families and individuals forced from their homes due to emergency situations such as fire, flood or gas leak, providing them with basic needs for the first 72 hours. Volunteers answer the call at any hour of the day or night. The Red Cross **Health Equipment Loan Program (HELP)** provides short term use of affordable healthcare equipment such as wheelchairs, walkers and bath aids to individuals in the community recovering from injury, illness or surgery.

International & Youth Services - Red Cross helps the world's most vulnerable - victims of armed conflict and communities destroyed by devastating disasters. Locally, Red Cross is heavily involved in the promotion of Humanitarian Values and Law. The Restoring Family Links program helps Canadians re-establish contact with immediate family members separated due to war, internal conflict, or other humanitarian crisis.

Safety Services/First Aid - Our Red Cross instructors teach up-to-the-minute First Aid and CPR techniques that can help you save lives and prevent injuries. First Aid is now easier with our revised program. Courses are available to individuals and groups.



**WOMEN'S
COMMUNITY
HOUSE**

519-642-3003

Women's Community House provides a variety of services to women who are abused and their children, depending on their needs.

Second Stage Housing is a 25 unit apartment building in South London offering transitional, rent-geared-to-income housing with a focus on safety.

The Transitional Outreach Program provides support to those who have just left the shelter, those who have been unaware of the services available, and those who do not wish to access shelter services. The two shelters provide high-security, and universally accessible shelter with counselling services while there.

The Abused Women's Helpline is staffed by trained counsellors and provides telephone and TTY support, information, and local referrals for women in crisis, friends, family and professionals, 24 hours a day. Women's Community House also provides walk-in crisis support, public education on abuse and women's issues to schools, and community agencies, etc.

Women's Community House actively promotes solutions to ending violence against women.



**If You are ABUSED
Take ACTION**

Call the Abused Women's Helpline

642-3000
1-800-265-1576

Investing in Children

is a London-based not-for-profit that works with community partners to identify gaps and create unique opportunities for children and families. Last year, Investing in Children had a direct impact on over 14,000 children and their families, supported by over 4,600 hours of volunteer service. Investing in Children partners with businesses, the Boards of Education, service clubs, community organizations and individuals to create opportunities for children.

To learn more about Investing in Children, visit www.investinginchildren.on.ca



The Southdale Chaplaincy Inc.

900 Adelaide Street South, P.O. Box 37085, London, Ontario N6E 3T3 Tel. & Fax: (519) 685-2771 www.southdalechaplaincy.com

Kate Ballagh-Steeper, B.A., M.Div Chaplain and Community Worker Unit 983 The Southdale Chaplaincy serves the London-Middlesex Housing Complex at Southdale Road East and Millbank Drive. We provide programs for school age children and their families. We can help with basic needs as our donations support. Call for more information.



FamilyInfo.ca is a website for parents, caregivers and service providers that links information on programs, services and resources in the London and Middlesex area for children aged 0-6 years. To learn more about FamilyInfo.ca, visit



YMCA Community School Programs at St. Pius X, St. Francis and Wilton Grove Schools

PD Day Fun, March Break Programs and Summer Fun Club

Offering Clubs that are Fun and Support Learning:
Homework club, Gardening, Drawing, Arts & Crafts, Chess, Babysitting Club, On My Own and many more!

We build strong kids, strong families, strong communities.

For more information:
 Trish Edwards
 Phone: 519-888-8624
 E-mail: tedwards@ymcawo.ca
www.london.y.ca

Watch for program brochures during the months of October, January and April!

LINC English Classes FREE For landed immigrants and convention refugees!

- Located in the South London Community Centre
- Literacy - LINC 4
- Free Bus Tickets & Childcare for Eligible Students
- Continuous Registration

For information please call:
 The YMCA Learning Centre
519.645.7553 x 0
www.ymcawo.ca/linc.html

SLRG

SOUTH LONDON RESOURCE GROUP
 Community Services Directory – 2011-2012
 Compiled by South London Neighbourhood Resource Centre